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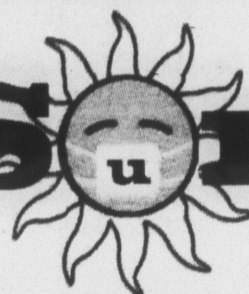
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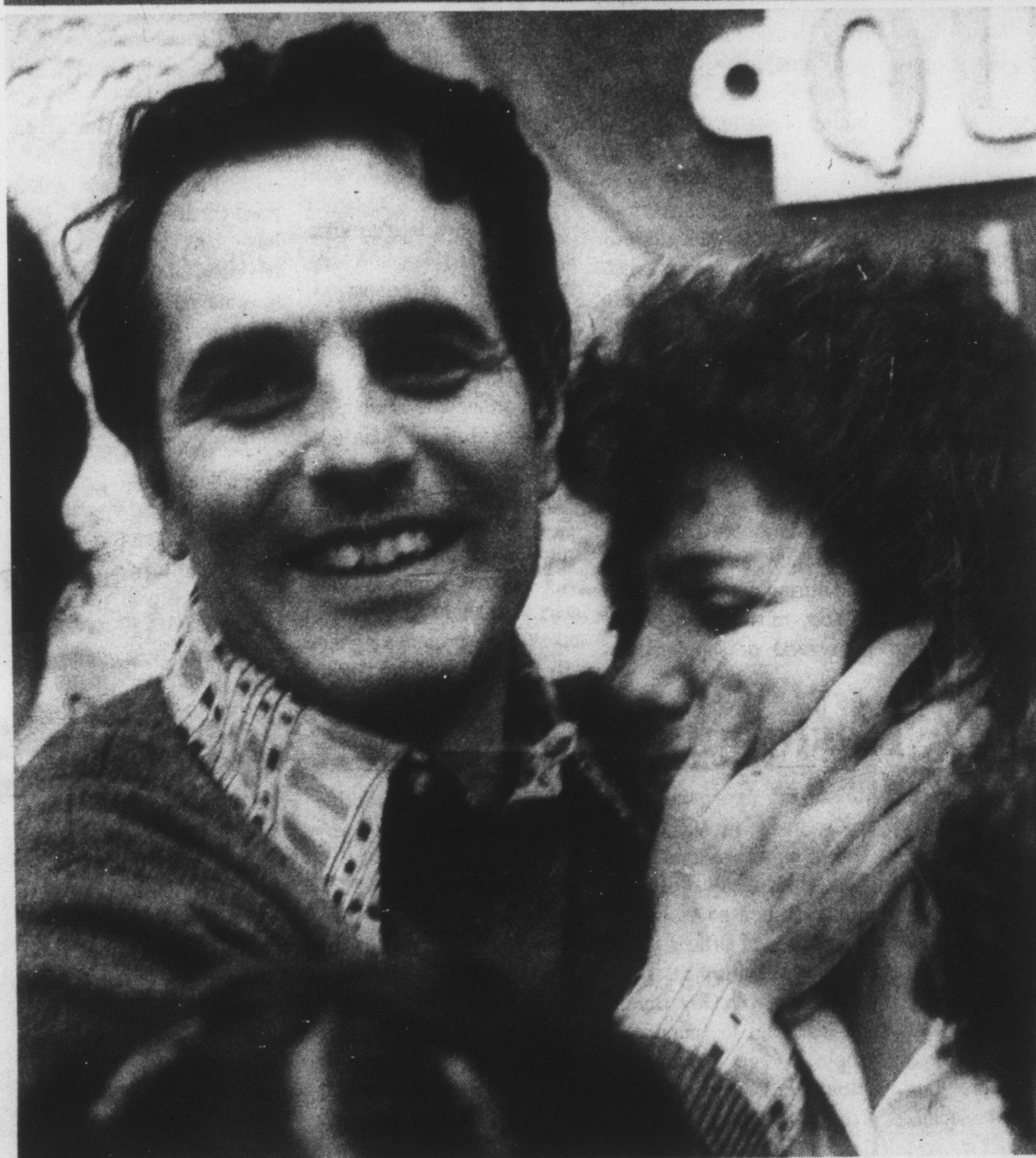


Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, September 24, 2020

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QUINCY'S NEW MAYOR Joseph LaRaia flashes a victory smile and embraces his wife, Louise, after a recount in the 1975 mayoral election declared LaRaia the city's 28th mayor. Mr. LaRaia, who also served Quincy as a city councillor and city assessor, died Sept. 18. He was 88 years old.
Quincy Sun file photo

Joseph J. LaRaia, 28th Mayor, Former Councillor Passes Away

A funeral Mass for Joseph J. LaRaia, former mayor of the City of Quincy, was celebrated Wednesday in Saint Joseph's Church, Quincy.

Mr. LaRaia died peacefully Sept. 18 in the comfort of his home, surrounded by his loving family. He was 88.

Born in Quincy, to the late Joseph and Pauline (Tocchio) LaRaia, he was raised in Quincy Point and was a graduate of Quincy High School, Class of 1950. He served in the U.S. Army as a Private First Class during the Korean conflict. Following his military service, he earned his bachelor's degree in finance from Boston College.



JOSEPH LaRAIA

Mr. LaRaia's political career

began during his senior year at Boston College, when he won the election as Ward 2 city councillor serving the great people of Quincy Point. He was re-elected to that seat twice and served as council president from 1964-1965. After an unsuccessful bid for councillor at-large in 1969, Mr. LaRaia returned to the city council as a councillor at-large in 1972. Following his re-election in 1973, Mr. LaRaia launched his campaign for mayor, which culminated in a successful recount victory in 1975.

Mayor LaRaia was sworn in during the bicentennial year, as the

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Many Parents Opting Into Remote Learning

By SCOTT JACKSON

All Quincy students could return to the classroom on a part-time basis as soon as next month, but many parents have opted to keep their children learning remotely for the time being.

The school year began in Quincy last week with students from pre-kindergarten to grade three learning through a hybrid model with a mix of in-person and remote classes. Certain high-need

students at all grade levels were also eligible for in-person classes.

Other students in grades four through twelve started the year with remote classes only. The School Committee is targeting Oct. 13 as the date those students could move from remote to hybrid learning; the committee will need to vote to approve that transition at a future meeting.

Parents at all grade levels have

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New Bus Facility Seen In 2024

By SCOTT JACKSON

The MBTA hopes to begin construction on a new bus maintenance facility in South Quincy in 2022 and finish the project within two years.

The MBTA has proposed building the new bus maintenance facility at 599 Burgin Parkway, formerly home to a Lowe's home improvement store. The T currently uses a 110-year-old facility at 954 Hancock St. to maintain its Quincy buses.

The Massachusetts Environmental Policy Act office held a two-hour-long consultation session Monday morning via Zoom

as part of its environmental review of the MBTA's proposal. Purvi Patel, an environmental analyst for MEPA, said the agency would issue a certificate for the project on Oct. 2. She said that certificate would determine whether further MEPA review of the proposal was required.

MEPA is currently accepting written comments on the proposal. Comments can be emailed to mepa@mass.gov or to purvi.patel@mass.gov with EEA #16267 and the project name (Quincy Bus Maintenance Facility) in the subject line. All comments must be

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Councillors Honor LaRaia At Meeting

At Monday night's city council meeting, councillors honored the memory of Joseph J. LaRaia, the city's 28th mayor and former councillor, who passed away Sept. 18 at the age of 88.

Ward 2 Councillor Brad Croall remembered seeing Mr. LaRaia's campaign bumper stickers that said "LaRaia For

Mayor," which he called catchy. Croall said it was important to honor the late mayor and councillor.

"It's with a heavy heart that we take a moment and recognize the passing of former mayor Joe LaRaia. Joe and many of his family members were originally

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More Quincy news:

The Quincy .com



Early Fall Cross-Training Activities

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

My regular activities for maintaining muscular strength and cardiovascular endurance are resistance training and running, which I perform all year long. However, my favorite seasonal fitness activities are biking and hiking. Both of these activities provide effective and enjoyable means for enhancing muscular endurance and aerobic capacity.

For me, these are weekly events that I do with my friends on Saturday afternoons. We typically meet at the Blue Hills Reservation for a 60 to 90 minute bike or hike. The weather conditions pretty much dictate our activity choice. During the warmer months we cycle on the reservation roadways, and during the cooler months we hike on the reservation trails.

We prefer to hike the Blue Hills Skyline Trail because it provides a variety of uphill, downhill, and level sections for a highly effective muscular and cardiovascular workout. The course that we typically take has several good hills interspersed with

less hilly segments. The uphill ascents challenge both our leg muscles and our cardiovascular system. Our calf, quadriceps, hamstrings, and gluteal muscles work hard to overcome the force of gravity as we move our bodies up the hill, and our heart and lungs work hard to supply our muscles with oxygen-rich blood and energy sources.

The downhill descents are much easier on our cardiovascular system because we are moving with gravity instead of against it. However, our calf, quadriceps, hamstrings, and gluteal muscles also work hard on downhill terrain, as they must resist the force of gravity that would otherwise tumble us down the slopes. During the level sections between the hills, we recover from the more challenging uphill and downhill efforts.

Most of the trails in the Blue Hills provide an unstructured form of interval training, as we experience higher-effort segments (the hills) interspersed with lower-effort segments (the flats). This type of hiking is a purposeful form of

physical activity which is essentially as effective as other aerobic activities. In our opinion, the spectacular views render it more enjoyable than treadmill walking or elliptical training.

We occasionally we do a more structured interval training hike on some of the steeper slopes, such as Houghton Hill or Big Blue. We go up the hill pretty hard, then come down a connecting trail to repeat the process 3 more times for a reasonably challenging training session. The shorter the connecting trail, the harder the workout, so it is important to select appropriate courses for your current hiking condition. Of course, you can also adjust your hiking speed accordingly, so that your hiking exercise program is effective without being exhausting.

For those who are less interested in another fitness session and simply want to enjoy a rewarding recreational activity, you can select trails that have much easier ascents and descents. You can also take breaks at appropriate points on your uphill and downhill climbs.

Many of the hills have natural stopping points where you can rest on a large rock formation, and enjoy amazing views of eastern Massachusetts.

I recommend that you use well-fitted footwear that provides for both foot mobility and ankle stability, because many of the trail surfaces are uneven and rocky. Be sure your shoes have good soles that grip rather than slip. We typically wear running shoes until the snow falls, then we use specifically designed hiking shoes for better control and greater traction. On warmer days we hike in shorts and tee shirts, and on colder days we switch to sweatpants and sweatshirts, as well as gloves and headbands if necessary. Interestingly, you typically do not need to wear as much clothing as you might anticipate, because the hills and trees block the wind, and the climbs elevate your body temperature. We dress relatively light, and rarely feel cold during our hikes.

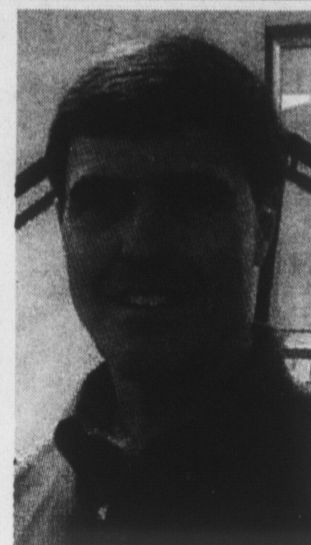
You, most likely, won't need food or supplements

for a 60 to 90 minute hike, but you may want to carry some water to maintain a relatively high level of hydration. This is an excellent idea regardless of the weather conditions, as you can lose water through perspiration on cool days as well as warm days.

Although it is hard to get lost on the well marked Blue Hills trails, it may be prudent to carry a cell phone for unforeseen emergencies. Keeping a couple band aids in your pocket for occasional cuts, scrapes, and scratches is another practical suggestion. Stay on the trails as much as possible, and avoid walking in tall grassy areas where you could pick up a tick.

It is always best to hike with another person, or small groups of people, as camaraderie certainly enhances the hiking experience. This is especially true if you are new to hiking. It is not hard to maintain appropriate physical distance when hiking, nor to pull up a mask when you meet someone on the trail.

I recommend that you start with shorter and easier hikes, then progress gradually to longer and more



WAYNE WESTCOTT

challenging hikes. Dogs are welcome at the Blue Hills Reservation, but they must be on a leash as they enjoy the hiking experience with you. If you would prefer to hike on more even pathways, there are numerous hiking trails and parks throughout the area that have less rugged terrain. If you would like or (need) to walk on smooth asphalt pathways, Wompatuck State Park is just the place for you.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department. He has written 30 books on physical fitness and strength training. Wayne may be reached at 617-984-1716 or at wwestcott@quincycolllege.edu.

Baker-Polito Admin. Urges MA Residents To Get Flu Vaccination

The Baker-Polito Administration is urging Bay State residents to get vaccinated now against influenza to protect themselves, their families, and prevent the spread of flu to keep residents healthy and ease the strain on healthcare systems caring for people with COVID-19.

"It is more important than ever for people to get a flu shot this year as we deal with the COVID-19 pandemic," Gov. Charlie Baker said. "If more people are vaccinated against the flu, this will not only help reduce the spread of flu but also the impact of flu-related illness on healthcare facilities, resources and staff involved in the treatment of COVID patients."

"All residents of Massachusetts should get a flu vaccine this year to help lessen the burden on the Commonwealth's health

care system as we continue to respond to COVID-19," said Lt. Governor Karyn Polito. "Getting a flu shot is one way residents can protect themselves, their loved ones and their communities in the months ahead."

Gov. Baker, Lt. Gov. Polito, and Health and Human Services Secretary Marylou Sudders visited a CVS Pharmacy in Roslindale Sept. 17th to receive flu shots and highlight the importance of getting vaccinated this year. CVS also has expanded COVID-19 testing sites at several of its locations across Massachusetts.

Last month, the Baker-Polito Administration announced a requirement that all students attending kindergarten through college must have a flu immunization by Dec. 31. The requirement also applies to children over six months

of age attending child care. Exemptions may be made for medical or religious reasons.

In addition, the state adopted a policy, based on the federal PREP Act, which enables qualified pharmacy staff to administer a flu shot to children as young as three years old. The previous minimum age in Massachusetts was nine.

"This season we have focused efforts to obtain additional flu vaccines because of the new school policy for students and knowing this flu season overlaps with the ongoing COVID-19 pandemic," said Secretary Sudders. "We encourage everyone over six months to get a flu shot as soon as possible."

"We know our patients and customers throughout the Commonwealth are doing everything they can to keep their families as healthy as possible, while

minimizing potential exposure to the flu and COVID-19," said Dr. David Fairchild, chief medical officer, MinuteClinic, and Associate Chief Medical Officer, CVS Health. "We are pleased to be working with Gov. Baker and his team to encourage people to get vaccinated before peak flu season as a great way to be proactive about their health and the health of our communities all across the state."

Flu can be very serious. The Centers for Disease Control and Prevention estimates that influenza has resulted in between 9 million – 45 million illnesses, between 140,000 – 810,000 hospitalizations and between 12,000 – 61,000 deaths annually since 2010. In Massachusetts, during the 2019-2020 flu season more than 40,000 confirmed cases were reported to the Department of Public Health (DPH), with 55,000-60,000 emergency department visits for flu, resulting in 7,000-8,000 hospitalizations. DPH will begin its annual flu surveillance reporting for the 2020-2021 on October 9.

In anticipation of increased demand for flu shots this year, public health officials have been working to increase the vaccine supply. Over the past several years, DPH has purchased approximately 900,000 doses annually. This year the

Commonwealth will receive 1,156,000 doses, a 28 percent increase.

DPH recommends people:

- Get a flu vaccine as soon as possible. The flu vaccine is widely available across the state, including at health care provider offices, pharmacies, school and workplace vaccination clinics, and flu vaccine clinics sponsored by local boards of health. A list of flu vaccine availability based on zip code can be found at vaccinefinder.org.
- Wash your hands regularly and thoroughly, and use hand sanitizer when washing is not possible.
- Always cover your cough, and sneeze into your sleeve – not your hands.
- Stay home when you are sick with fever and a cough or sore throat, and keep children home from school and daycare when they are sick.
- Contact your health-care provider promptly if you think you have the flu, especially if you have health conditions that make you more likely to develop severe illness when sick with the flu. The provider may prescribe antiviral medications, which work best when started early in the course of illness.

"In Massachusetts, 81 percent of children ages 6 months through 17 years

had a flu vaccination during the 2018-2019 flu season, making our flu vaccination rates among children and adolescents among the highest in the nation," said Dr. Larry Madoff, Medical Director of the DPH Bureau of Infectious Disease and Laboratory Sciences. "But we need people of all ages to be vaccinated to help protect friends and family members from getting flu."

The most common symptoms of flu are fever, cough, and sore throat. Symptoms can also include body aches, headache, chills, runny nose, and fatigue. Some people are at higher risk of serious health problems when they get flu, including pregnant women, infants, older adults, and people with medical conditions like asthma, diabetes, heart disease, kidney disease, neurological and neuromuscular conditions, and weakened immune systems.

Flu vaccination reduces the risk of flu-associated death by half among children with underlying high-risk medical conditions and by nearly two-thirds among healthy children. Nationwide, there were 188 pediatric deaths from flu last year.

For more information about influenza, visit www.mass.gov/flu, or call your health care provider, local board of health, or DPH at (617) 983-6800.

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No Bail For Woman Charged With Wollaston Murder

By SCOTT JACKSON

The 22-year-old Quincy woman charged with murder in the killing of a 24-year-old Quincy man was held without bail at her arraignment.

Prosecutors say the defendant and the victim did not know each other prior to the fatal stabbing the night of Sept. 11 inside a liquor store parking lot in Wollaston.

Alyssa Dellamano pleaded not guilty during her Sept. 16 arraignment on a charge of murder in Quincy District Court. Her attorney did not request bail during the court appearance. Dellamano's bail on an open larceny case was also revoked during her appearance.

Dellamano is due back in court Oct. 19 for a probable cause hearing.

Assistant Dist. Atty. Carolyn Hely said Dellamano was in the liquor store parking lot with a group of friends the night of Sept. 11

when Cameron Nohmy, age 24, and friends pulled into the lot; Nohmy was in the rear of the pickup truck.

Hely said surveillance footage shows Nohmy leaving the pickup and someone walking up to him and stabbing him several times. Nohmy then returned to the truck, Hely said, and his friends called police after he became unresponsive.

Nohmy, a Milton High School graduate and member of Laborers Local 22, was rushed to Boston Medical Center, where he died.

Hely said the footage shows Dellamano entering an SUV with another person and driving away. Hely said Dellamano's face is clearly visible in a surveillance image from the Wollaston MBTA station and two of the defendant's friends identified her to investigators.

Dellamano's attorney, Thomas Iovieno, had asked that his client be arraigned behind closed doors, but

Judge Diane Moriarty denied the request.

Following the arraignment, Iovieno said there would be "plenty of time to figure out what happened and who did this," and also sent his thoughts and prayers to the victim and his family.

A second woman, Samantha Perrier, age 24, of Dedham, was arraigned Sept. 16 on charges of misleading the investigation into Nohmy's death. She pleaded not guilty and was held on \$10,000 bail.

Perrier is also due back in court on Oct. 19.

Hely said Perrier was not in the parking lot the night of the stabbing. Perrier, she said, drove Dellamano around the state during the three days after the stabbing but told investigators she had not seen the defendant. Perrier later called investigators and said she lied, Hely stated; Dellamano and Perrier were found together the morning of Sept. 16 when they were arrested.

Fundraiser Supports Boy Scout Troop 42



ARTERY GARDEN CENTER, 625 Southern Artery, Quincy is donating 10 percent of sales through Columbus Day (Oct. 12th) to Quincy Boy Scout Troop 42. The center is located next to the Goodwill Store and Pet Supplies Plus and features mums, hearty fall flowers and pumpkins. Those who wish to help raise money for the boy scouts and participate in the fundraiser should say they are supporting Boy Scout Troop 42 at checkout. Photo Courtesy Boy Scout Troop 42

Falls Prevention, Stress Management For Aging Adults

The Crane Public Library invites the public to attend an online program focusing on preventing falls and stress management for the aging adult.

Learn skills and ideas that decrease falls and increase independence. This evidence-informed program will discuss practical and proven exercises that promote health and well-being. Each 90-minute session will build upon the previous one(s) to deepen your aging strong experience, but you can attend any or all, depending upon your availability. They will be recorded for later viewing and sharing and made available on the library's YouTube channel.

Join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's In-

jury Prevention Program, for this engaging and valuable program. All sessions begin at 10 a.m.

- Sept. 29 - Learn skills that help with coordination, memory, and stress reduction.

- Oct. 6 - Learn communication skills that build confidence when talking with medical specialists.

- Oct. 13 - Learn to combine new skills to create a practical plan to age stronger.

Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the library's YouTube channel and on its Facebook page.

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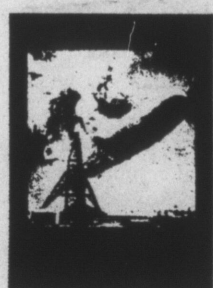
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Moments in time

THE HISTORY CHANNEL

• On Oct. 11, 1793, the death toll from a yellow fever epidemic in Philadelphia hits 100. By the time it ended, 5,000 people were dead. A vaccine now prevents yellow fever in much of the world, though 20,000 people still die from it every year.

• On Oct. 5, 1892, the Dalton Gang attempts the simultaneous daylight robbery of two Coffeyville, Kansas, banks, but are surrounded by townspeople, who kill every gang member except for Emmett Dalton. Emmett was convicted and sentenced to life in prison. Paroled after 14 years, he ended up as a screenwriter in Hollywood.

• On Oct. 8, 1918, U.S. Army Cpl. Alvin C. York reportedly kills over 20 German soldiers and captures an additional 132 in France. The exploits earned York the Congressional Medal of Honor.

• On Oct. 6, 1926, Yankee slugger Babe Ruth hits a record three home runs against the St. Louis Cardinals in the fourth game of the World Series. In 1928, in the fourth game of another Yanks-Cards World Series, he knocked three more pitches out of the same park.

• On Oct. 9, 1942, Chicago bootlegger Roger "The Terrible" Touhy escapes from prison by climbing the guard's tower. Touhy, who had been framed for kidnapping, was serving a 99-year sentence. He was recaptured months later.

• On Oct. 7, 1975, a New York State Supreme Court judge reverses a deportation order for John Lennon, allowing him to remain legally in New York City. The order against Lennon and his wife, Yoko Ono, were based on a 1968 marijuana conviction in England.

• On Oct. 10, 1985, the hijacking of the Italian cruise ship Achille Lauro ends when U.S. Navy F-14 fighters intercept an Egyptian airliner attempting to fly the Palestinian hijackers to freedom. On Oct. 7, heavily armed terrorists had hijacked the ship and 400 crewmembers and passengers.

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Live Online: Norman Rockwell - Evolving Views On Race

Crane Public Library Program On Zoom Sept. 28

Norman Rockwell is heralded for depicting and defining American life. He often captured bittersweet images of people experiencing universal and relatable feelings of being left out or left behind.

Yet, as an artist working in the 20th century, his works are curiously devoid of America's rich cultural and racial diversity. To-

ward the end of his career, Rockwell painted several poignant works about race in America that can be seen as an extension of his earlier sense of the power of inclusion and exclusion.

Join Jane Oneail of Culturally Curious for this Thomas Crane Public Library online lecture at 7 p.m. Monday, Sept. 28. She has a master's in art his-

tory from Boston University and a master's in education from the Harvard University Graduate School of Education. She has taught art history at the college level for more than a decade, most recently at the New Hampshire Institute of Art.

Join on Zoom (meeting ID 869 0331 7692). Using the free Zoom app is recommended. Call (646) 558-

8656 and use the same meeting ID to listen to the audio. You may also view the program live on our YouTube channel and on our Facebook page. This program will also be recorded and available on the library's YouTube page if you cannot make the live program.

The program is co-sponsored by the Quincy Art Association, Quincy for Transformative Change, and the Friends of the Thomas Crane Public Library.



LIVE ONLINE: The Linked Fight for Racial Justice and Climate Justice - The public is invited to join the Thomas Crane Public Library at 6:30 p.m. Wednesday, Sept. 30 for a conversation with Communities Responding to Extreme Weather Program Director Rev. Vernon K. Walker (pictured, with microphone) as he speaks to Revs. Karlene Griffiths Sekou and Hajar Logan about how there is no climate justice without racial justice and how the fight for equality has to be led by those who have been most impacted. Register in advance to participate in this program. Visit https://us02web.zoom.us/join/register/WN_NeSN-Ym7Rv-KzNDWePu40Q. This program is part of Climate Prep Week.

Photo Courtesy Crane Public Library

Key Factors To Know About The Greatest Disruptor Of Wealth

Paying taxes isn't a favorite pastime of most Americans. And in retirement, paying higher taxes can be an unwelcome surprise when the financial plan did not account for them.

A survey by Nationwide revealed that over one-third of current retirees didn't consider how taxes could impact their income when they were planning for retirement. Less than half said they know how to leverage their financial accounts to minimize their tax burden.

"One of the greatest disruptors of wealth and its potential is taxation," says John Smallwood, president of Smallwood Wealth Management and author of *It's Your Wealth - Keep It: The Definitive Guide to Growing, Protecting, Enjoying, and Passing On Your Wealth*. "Most financial strategies are missing the fundamentals, leaving you to pay much more in taxes than you should over your lifetime."

"There are some fundamental concepts of taxes that apply to the financial planning process. The goal is to have multiple sources of retirement income that balance out taxes and fees. That way, if one or more of the sources dries up, or if tax law changes a source or two, then the impact on your portfolio will be minimal."

Smallwood says the following items related to taxes are important to know when creating a retirement plan:

• **Tax deferrals.** Tax deferral strategies are intended to defer paying taxes on certain assets, based on the concept of moving from a higher tax bracket to a lower tax bracket in the future. But Smallwood cautions, "The tax rate in the future may not be in your favor. If you defer and don't end up in a lower tax bracket, you can lose. You might end up paying more than if you had not deferred."

• **Qualified plans.** Specific rules and potential penalties apply when you withdraw from tax-deferred retirement accounts, Smallwood says. Withdrawing before age 59½ brings a 10% penalty. At 70½, there are required minimum distributions (RMDs). "With RMDs, there is a 50% penalty for not withdrawing the right amount of money," he says.

"Plus, depending on the account, you have to pay taxes according to your bracket."

• **Compound taxes.** Tax strategy when you are saving for retirement is one of the most important parts of a wealth plan. "For example, a 45-year-old with a savings rate of 6% and putting away \$51,000 per year could accumulate a healthy balance of \$2.5 million by age 65," Smallwood says. "But with compound taxation, money is eroding all the time. Each year that an account grows, the investor's tax liability grows along with it. Interest earnings, along with dividends and capital gains, get larger over time as the investment gains in value. If the gains the first year include \$30,000 worth of interest but at the 30% tax bracket, then you'll have to pay \$9,000 more in taxes."

• **Systematic withdrawals.** Systematic withdrawals, if done properly, can significantly reduce the tax impact on an investment portfolio. "Let's say, late in 1989, you placed a lump sum of \$100,000 in an S&P 500 index fund with a good track record," Smallwood says. "Instead of leaving the funds in the account, however, you took \$6,000 from the account each year and repositioned those assets elsewhere. After 20 years, the fund balance would have reached \$243,191, an annual gain of 7.92% that exceeds the return earned by leaving the funds in the account. Why? Because taking those withdrawals undercuts the impact of compounded taxes. Over time, the tax obligation would be \$30,451, or \$13,622 less than leaving the money in the account."

"Good retirement planning includes all the possible tax implications and gives you options," Smallwood says. "Organizing income sources so that they hit your tax return the right way should be a deliberate strategy every year."

QATV Offers Free Zoom Classes To Residents

Quincy Access Television (QATV) invites Quincy residents to take free Zoom classes. QATV is offering virtual classes that can be accessed from home. There are no membership fees required at this time and all classes are free.

Learn how to use your phone as a video camera in iPhone 101 and then learn how to edit that video in iPhone Editing. These are historic times and QATV is excited to provide residents the tools necessary to capture their day-to-day and successfully tell a story.

Although classes are geared towards the iPhone, any smartphone can perform the skills taught.

QATV is offering classes in Lighting, Documentary, DaVinci Home Editing and Podcasting 101. Class descriptions and class schedules can be found at www.qatv.org/classes.

To enroll in any of the classes, email cchemmen@qatv.org with each class, date and time. For more information, call Quincy Access Television at 617-376-1440.

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Scenes From Yesterday



THIS IS A 1918 postcard view of Sea Street looking south from near the end of Houghs Neck. On the right was the Boston Lunch restaurant at 1250 Sea St. on the corner of Crosby Street. Next to it was Howard Vinton's grocery store and then the large building was Associates Hall on the corner of Winthrop Street. On the left Oregon

Terrace is just beyond the tree. The tram was probably a livery service; notice the driver is wearing a necktie. Although Vinton's Grocery lasted into the 1940s, all the other buildings shown here were gone in the 1930s.

From the Tom Galvin Postcard Collection

READERS FORUM

Race, Gender Based Hiring Is Not The Solution

I'm writing this in response to the ever growing complaint by the Quincy for Transformative Change, that the City of Quincy would be so much better off if our City's police department hired personnel according to their gender and or race with no mention of aptitude or physical stature.

The QFTC wants us to believe that by using the formula stated, that the number

of hires should equal the percentage of a particular race within our City. Sound familiar? Isn't this what Affirmative Action was all about? It passed over qualified hires based on their race to give the opening to, in many cases, a lesser qualified person.

I haven't any problem seeing more minorities filling first responder job openings as long as the applicants

are tested, like everyone else, and physically capable. If my house is on fire, I want the best people possible to answer the call regardless of their race or gender. I would like the QFTC to show some statistics of how many people of minority status have taken the Civil Service exam, passed it and have been passed over wrongly after they have been placed

on the eligibility list.

If there are proven violations there should consequences. But until it is proven, race based and gender based hiring is not the solution. Should we use race and gender based exams for doctors, nurses, lawyers, airline pilots, and teachers? I think not.

Edward Spring
Quincy

As Community Diversity Increases, So Too Will QPD

First, I believe we can agree we, in Quincy, have one of the finest police departments in the Commonwealth. Tragic events outside this state in regards to outrageous conduct by some police officers, have driven a cry for change. Bills have been proposed in the General Court for radical change in Massachusetts policing. Yet little or no rationale has been presented for why.

Massachusetts has for years, led the nation in the requirements to be a police officer, training of police officers and above all, the high standards of conduct police officers must adhere. Two of our elected officials have seen the fallacies of these demands for change and voted against them.

Now comes the (QFTCPATF) Quincy for Transformative Change Policing Accountability Task Force demanding change. Generalities, why is the rationale always placed in generalities? It's Civil Service's fault so let's leave Civil Service. Using this

logic, we should eliminate tenure if the school department fails in its diversity. Generalities, "addressing the systemic issues with the police department's impacts people of color, particularly, Black residents." This comment would, on face value, appears that QPD has had difficulty in response to calls of service by members of the Black community. If this is an accurate statement, why is this not been addressed by the media?

Given our country's present atmosphere, you would think it would be headlines!

The QFTCPATF has joined those in the Commonwealth for change in our police department even though the department has been a leader in positive police changes throughout the years. The QPD was one of the first departments in the country to introduce a domestic violence policy that was used as a model throughout the United

States. The department's community policing introduced officers into every community in the city. As our Asia-American population grew so do the police department's commitment in hiring Asian-American officers.

As our community diversity increases, I have full confidence the Quincy Police Department will match in the reflection of its members.

Richard S. Churchill
Quincy

The Irish And McDermotts' 'No Relation'

Dear Sir,

On a lighter note. My family was delighted by the photo on the cover of your Sept 10th issue showing the two rival candidates for Norfolk County Sheriff Jerry McDermott (R) and Patrick McDermott (D). Both claim there is "no relation."

My people are of Irish ancestry on both sides. My father taught me the adage that "there are only 10 faces in Ireland." I have one of them. The McDermotts have another. My husband and I both took 23 & me tests almost two years ago. My husband is mostly Irish and

Dutch. We were delighted and relieved to learn that we share no genetic material. Phew! After all, Ireland is a small island. Just saying.

I suggest with a wink and a smile that both McDermotts wait until after the election to submit to genetic testing. No one wants October surprises.

Best wishes,

Claire Fitzmaurice
Calvin Road

Quincy's Yesterdays

This Week
1970
50 Years Ago

\$250 Tax Hike Seen For Homeowners

Unless the present law on 100 percent property valuation is changed the average Quincy homeowner will face a minimum \$250 tax bill hike according to Council President-Rep. Arthur H. Tobin.

Assessments on commercial and industrial properties were lowered and those on most homes increased as a result of the Quincy revaluation carried out by a professional firm under the present law, he said.

A proposed amendment to the Massachusetts Constitution, which will appear on the Nov. 3 state election ballot, would ease the impact on the homeowner, Tobin said. The amendment would allow communities to value properties in three different categories: Industrial, Commercial and Residential.

The proposed amendment was co-sponsored by Mayor-Senator James R. McIntyre, Reps. Tobin, Joseph A. Brett and Walter J. Hannon.

Quincy for the past three years has been able to stall court ordered implementation of 100 percent valuation.

(Editor's Note: While Quincy voters approved the "Classification Amendment," narrowly - 16,528 yes to 14,754 no - the question was overwhelmingly defeated statewide - 37% in favor, 63% opposed. The classification amendment would appear once again on the November 1978 ballot, this time being approved statewide. Quincy voters approved the question by a vote of 29,058 yes and 6,338 no. This amendment has saved Quincy residential taxpayers millions of dollars since 1984.)

GIVE VOC-TECH OWN IDENTITY, DIPLOMA, URGES McCORMICK

School Committee Vice-Chairman James F. McCormick, Sr., proposes that Quincy-Vocational Technical School be given its own identity and accredited graduation diploma.

He recommends that it be made a separate four-year high school because "it is large enough and good enough." He said the school has a reputation for being one of the "best" in the United States and that should not be considered "second-rate" by anyone.

Voc-Tech students now graduate with Quincy High School classes and the school is often thought of a "branch" of Quincy High School.

"It is now time that the school definitely (be) separated from the other schools and with its own accredited high school diploma."

QUINCYISMS

The Quincy Sun Sunbeams Column reported that rumors have it that Frank Bellotti may run for mayor of Quincy in 1971. (Editor's Note: He didn't.)... Mr. and Mrs. Lars N. Lundin, 121 Albatross Rd., Adams Shore, welcomed a daughter, born Sept. 18 at Quincy City Hospital... Our Lady's Sodality of the Blessed Sacrament Church, Houghs Neck, opened its season with an Evening of Recollection at St. Gabriel's Monastery in Brighton. Officers for the coming year included Mrs. Joan Giordani, prefect; Mrs. Nancy Miller and Mrs. Barbara Reynolds, first and second assistants; Mrs. Carol Carpenter, treasurer, and Mrs. Margaret Callahan, secretary... On Oct. 2, Oktoberfest will open the fall social season for the St. Moritz Association. The dinner will be held at the Morrisette American Legion Post at 7:30 p.m. Richard Nourse was chairman for the event... Quincy High School Class of 1950 was planning its 20th reunion on Oct. 17 at Ridder Country Club in Whitman. Mrs. Nancy (Keelon) Chamberlin and Mrs. Norma (Perry) Carlson were in charge of arrangements... Colpitts Travel Center, 1550 Hancock St., downtown Quincy, announced that "Fall Foliage Bus Tours" would be starting soon... Rabbi Samuel Perlman, new leader of Congregation Adas Shalom, 435 Adams St., officiated at midnight Selichot (Forgiveness) Services... Edward Warshawer, 27 Upland Rd., Quincy Center, has enrolled as percussion student at the Berklee College of Music, Division of Private Study. Edward was a senior at Quincy High School... Quincy Jewish War Veterans planned to honor Miss Beth Hitchcock as its "Citizen of the Year" at an awards breakfast on Nov. 1 at 9:15 a.m. at the Jewish Community Center. Miss Hitchcock was to be honored for her work in the Peace Corps... Shipbuilders Cooperative Bank, 1 Granite St., Quincy Center, "Celebrating Our 50th Anniversary Year" was offering two-year certificates at 6% per year... Richard P. Garvey, Quincy Community Chairman, and Attorney Stephen T. Keefe, Jr., South Area Division Chairman, were key figures in the Quincy cabinet for the Massachusetts Bay United Fund campaigns... Econo Car Wash, 459 Southern Artery, was advertising "Exterior Car Wash Only \$1.25, with custom wash for \$2.25"... Leo J. Kelly was elected president of the Adult Advisory Board of the Sgt. Lawrence T. Grenham Youth Center at Houghs Neck. He succeeded David MacMillan, youth director, who continued as a member of the executive committee... Houghs Neck American Legion Post #380 honored the Babe Ruth and Little League teams sponsored by the post. The Babe Ruth team coached by David MacMillan and Ed Kelly won the championship for their division. The Little League team placed second in their division and was coached by Rich Brooks and Shorty Donovan.

More Readers Forum
On Page 8, Page 10

MPL Fun, Educational Virtual Programs In October

By JEAN HLADY
Head Of Adult Services/Reference
Milton Public Library

The Milton Public Library continues to offer lots of fun and educational virtual programming for adults via Zoom this fall.

In October, we have a variety of programs coming up and following are the details. On Tuesday, Oct. 6 at 7 p.m., there will be a third career workshop called "Tips for a Successful Virtual Interview" with Gary Gekow.

Prior to COVID-19, many companies were implementing phone and video interviews as part of the hiring process. Now virtual interviews are commonplace as it relates to remote hiring.

This Zoom workshop will address ideal locations and conditions for conducting these interviews, the importance of body language, technology overviews, appropriate dress codes, strategies to build confidence, and much more. The speaker is a Senior Employment Specialist/Career Coach with 30 years of recruiting experience in the Boston staffing industry. Advance registration is required at our (Milton Public Library) website.

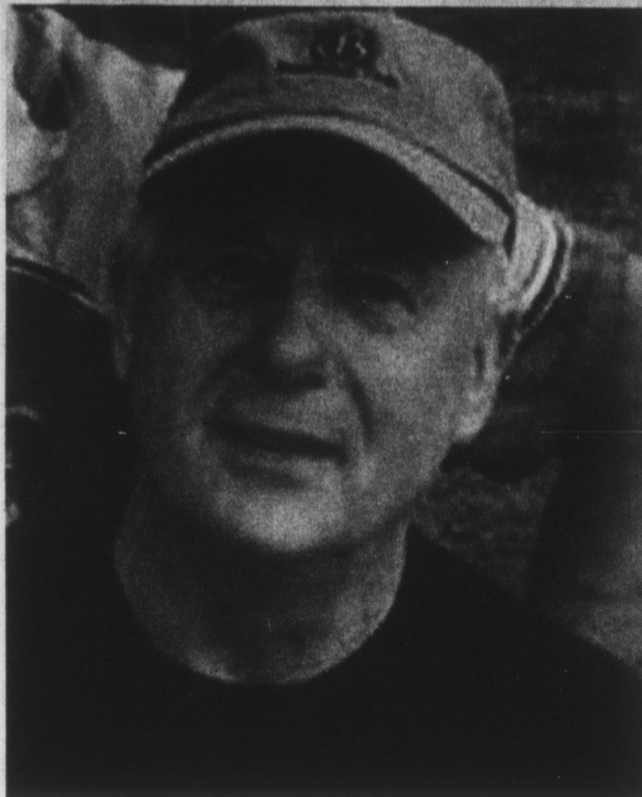
"Alaska, Bears and Beyond" is our next online nature program with Joy Marzolf, which will be held on Tuesday, 10/13 at 7 p.m. This nature photographer, naturalist, and former program coordinator for the Audubon will share wonderful pictures of the last frontier of Alaska so that we can see numerous large wildlife.

Through the Kenai fiords, small boats allow close access to thundering, calving glaciers, breaching humpback whales, dozing Stellar sea lions, and playful sea otters as well as bald eagles, puffins, murrelets and other sea birds. All the details are at our (MPL) website and advance registration is required.

The Virtual Library Knitting Group will be held on Saturday, Oct. 17th at 10 a.m. via Zoom. This informal get together offers an opportunity to see each other's projects, chat, and have friends on hand to ask questions when they need help. This fun online gathering includes advice about projects and just "social knitting" for good company.

If you would like to join, Email Librarian Jean Hladý at jhlady@ocln.org and she will make sure you get on the coordinator's list to receive the Zoom link. You do not need to sign up for this program at our website. But you can also call the Reference Dept. at (617) 898-4964 to request participation. Please join us!

Even though we can't celebrate Halloween this year by attending a costume party during the pandemic, the Library is having an enjoyable talk via Zoom called "Halloween Celebration: Ghosts and Legends" with Jeff Belanger on



SEAN MURPHY will lead an online program entitled "Experience Ireland Through the Songs, Music, Dance and Comedy of its Great Performers" Oct. 27 as part of the Milton Public Library's fall events.

Tuesday, Oct. 20th at 7 p.m. Some of you may have attended Jeff's talks in person at MPL in the past, but each time he brings new spooky stories for us to hear. This event is suitable for all ages except very young children (some topics might be a bit scary) as this presentation will include real ghost sightings, and he will share research and evidence from around the world.

For the last 19 years, Mr. Belanger has searched the world for paranormal legends that have seeped into folklore and even history books. Jeff is the author of more than a dozen books on the paranormal and is the Emmy-nominated host of CBS's "New England Legends," founder of the website www.Ghostvillage.com and host of Travel Channel's "Ghost Adventures."

This program will include images, audio clips and video, plus a question and answer session at the end for audience queries about their own ghost experiences. Please join Librarian Jean Hladý in a mesmerizing program for one of her favorite holidays! Advance sign-up is required at our (MPL) website.

And finally there will be an online program on Oct. 27 at 7 p.m. called "Experience Ireland through the Songs, Music, Dance and Comedy of its Greatest Performers" by



"HALLOWEEN CELEBRATION: Ghosts and Legends" with Jeff Belanger (above) will take place online Tuesday, Oct. 20th at 7 p.m. The program is also part of the Milton Public Library's fall schedule. Photo by Frank Grace

Sean Murphy. Mr. Murphy is a local Irish historian, music and dance teacher who has designed this talk to "lift your spirits" as we all work towards bringing a speedy and safe transition back to some kind of normality. "Experience Ireland..." will show you some uplifting pieces featuring wonderful examples of Irish people keeping their culture and history alive, while displaying their talents. You will get a rich mixture of Irish history, music, dance, ancient art, and comedy all blended into a show about Ireland through the ages.

Sean teaches through the Irish Culture Center of NE in Canton, plus other venues, and has received several awards for his work as a supporter of the culture and heritage of Ireland. He also leads a traditional Irish music session in O'Shea's Old Inn in West Dennis. He was born and lived as a child in Dublin and moved to Cape Cod in 2005. He also plays and teaches the tin whistle. Advance registration is required and opens on Oct. 6th. Don't miss this great presentation during October!

You can sign up for all of these events at this link: <https://tinyurl.com/y5h8u7xz>

Then a Zoom connection link will be Emailed to you on the day of the program. We do recommend that you download the Zoom app to your electronic device in advance of participation.

For questions email Jean Hladý, Head of Adult Services/Reference, at jhlady@ocln.org or call (617) 898-4964. We hope to see you online this month at the Library!

Plant Flowers Bulbs In Fall For A Colorful Spring Display

By MELINDA MYERS

It's time to think spring. Fall is the time to plant tulips, daffodils, crocus and other spring flowering bulbs. Use these early bloomers to welcome spring to your landscape. You'll appreciate the color and cheery blooms after another long winter passes.

Extend your enjoyment by including early blooming bulbs like snowdrops, squills, and winter aconites. Add early, mid, or late spring blooming tulips and early and mid spring flowering daffodils for a continuous display of color. Check the package or catalog description for bloom times.

Create some winning combinations by planting white tulips with grape hyacinths or yellow daffodils with the equally assertive blue squills. Plant a fragrant garden bouquet by combining tulips, daffodils and hyacinths. Select varieties that bloom at the same time in complementary colors or blends.

Include summer flowering hardy lilies. Many are

fragrant and these stately beauties provide vertical accents in the garden. Cut a few stems to display in a vase or mix with other flowers in summer bouquets.

Don't let hungry animals stop you from brightening your spring with these bulbs. Include animal resistant bulbs like hyacinths, grape hyacinths, daffodils, fritillarias, and alliums.

You can plant tulips, crocus, and lilies, just be sure to use physical barriers like chicken wire or animal repellents like rain resistant Plantskydd (plantskydd.com). It's an organic repellent that comes in both liquid and granular formulations to protect bulbs animals prefer to eat.

Lay the bulbs out on newspaper, apply the liquid repellent, and allow them to dry before planting. Add an extra layer of protection by sprinkling the granular repellent over the soil surface. In spring, begin protecting the plants before the animals begin feeding. Follow label directions for proper timing of additional repellent appli-

cations.

Prepare the soil before planting. Work compost, peatmoss, or other organic matter into the top twelve inches of soil to improve drainage, a key factor in growing success.

Wait until the soil is cool to plant your bulbs. This is usually after the first hard frost or when night temperatures average between 40 and 50 degrees. Plant the bulbs two to three times their vertical height deep and at least two to three times their diameter apart. Try grouping at least six to nine larger bulbs, like tulips and daffodils, and 15 to 20 smaller bulbs, like squills and crocus, together for greater impact.

Mix a low nitrogen, slow release fertilizer into the soil surface and water thoroughly after planting. Continue watering thoroughly when the soil is dry throughout the fall, while the bulbs grow roots.

After you enjoy their blooms next spring, leave the leaves intact until they yellow. Leaves produce



LILIES GROW from bulbs and their large prominent flowers brighten up gardens and provide vertical appeal. Photo courtesy of Melinda Myers, LLC

the energy needed for next year's floral display. Mask the fading foliage by planting winter hardy pansies with your bulbs in fall, adding color to both fall and spring gardens. Or plant bulbs amongst perennials. Early spring flowering perennials double your pleasure, later bloomers extend the flowering season, and

both help hide fading bulb foliage.

Break out your trowel and gloves and get busy planting. You'll be glad you did when that first flower appears next spring.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts The Great Courses "How to

Grow Anything" DVD series and the Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Tree World Plant Care for her expertise to write this article. Her web site is www.MelindaMyers.com.

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Quincy Native Debra Fredette Publishes First Book

South Shore author Debra Fredette has published her first book, *My Refuge: Finding Peace and Strength in Uncertainty*, a story of her journey of fighting hate with love, advancing when you are afraid, and persevering when you are weary.

With coronavirus, riots and unrest many people today are fearful of what tomorrow will bring. In a world of chaos and devastation how do people find serenity and security? In *My Refuge: Finding Peace and Strength in Uncertainty* Fredette shares how she dealt with similar circumstances and found peace and strength in a time of unrest.

In 2014 Fredette traveled to Uganda to help relieve



DEBRA FREDETTE

the oppression of deaf children. The Ebola outbreak was rapidly spreading, ISIS was on the rise, and Boko Haram had just kidnapped 300 schoolgirls. A couple of weeks after Fredette landed at the Entebbe Airport the U.S. Embassy issued a high terror alert stating that American citizens should not go to any public of religious locations. As a white

Christian woman living in a poor Muslim neighborhood Fredette stayed true to her mission.

Fredette, a native of Quincy, lives in Cohasset. As a missionary, widow, mother, youth group leader, mentor, medical professional and teacher she has been able to fulfill her dream of helping others conquer their fears, persevere through life's challenges, and become who they are created to be. Although she has a degree in science, her real credentials lie in her personal experiences in which she survived cancer, divorce, the deaths of immediate family members, unemployment, the loss of a home, physical and mental abuse, oppres-

sion and betrayal. She is currently working as a tutor and enjoys writing, golfing, skiing and fellowshiping with family and friends.

My Refuge: Finding Peace and Strength in Uncertainty is published by Briley & Baxter Publications in Plymouth, MA and is available through Barnes & Noble and Amazon.

"For many years people have told me I should write my story and I am pleased by the response to the book and the number of books pre-ordered before the publication date," said Fredette. "My hope is that the book brings some peace and serenity to people during difficult times."

NeighborWorks Housing Receives School Book Donation

NeighborWorks Housing Solutions, a housing service provider in southern Massachusetts, recently received a donation of nearly 800 Scholastic school books from Wells Fargo.

The books, which are geared toward younger learners (pre-K to kindergarten), feature diverse characters and stories, and are being distributed through Scholastic, a leader in publishing and education for almost 100 years.

The books will be distributed to children and families living in NHS housing, as well as children in family shelters and other children whose families participate in NHS programs.

"With so much remote learning and communication now required as a result of the ongoing pandemic, the impact of a child receiving a physical book is that much more meaningful," said Serenity Belo, resource development director for NHS. "We're grateful to Wells Fargo, and for their ongoing partnership with our organization."

"NeighborWorks Housing



NEIGHBORWORKS HOUSING Solutions recently received a donation of nearly 800 Scholastic school books from Wells Fargo. Shown here are Briana Curran, vice president of Communications and Social Impact for Wells Fargo, and Serenity Belo, resource development director for NHS.

ing Solutions provides so much more than housing to these children and their families," said Briana Curran, vice president of Communications and Social Impact for Wells Fargo. "We're glad to contribute in ways that support their mission of promoting health and well-

being by developing housing and providing housing resources and education in a collaborative manner."

Courtesy Photo

Five Quincy Students Graduate Wentworth

Five students from Quincy recently graduated from Wentworth Institute of Technology in Boston.

They are: Samantha Le, Irene Qin,

David Toupin, John Campbell and Kelly Luo.

The university held a special virtual salute to its summer graduates on Aug. 16.

Nine Quincy Students On Wentworth Dean's List

Nine Quincy residents have been named to the Dean's List for the summer semester at at Wentworth Institute of Technology in Boston.

They are:

Maurice Barros, Dovi Kokou Ajavon, Molly Marie Donahue, William Martin Fisk, James Patrick Overstreet, Daidithza Carballo, Irene Qin, Peter P. Chau and Guanglin Zheng.

Social Security Matters

Ask Rusty – Can I Help My Friend With His Social Security?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I am trying to help a good friend of mine who lives in Indiana and is 80 years old. I am very concerned as he's not now collecting SS for some reason, and I have no idea why. Is there any reason that you know of that would keep him from getting his benefits? Is there maybe something he might have done to keep him from getting his money? He worked his whole life, is a retired electrician and was a long-time member of the Electricians' Union. I'm not sure if he knows how to apply for his benefits, but he's having a hard time making ends meet and could definitely use the extra money. He told me that an organization has offered to help him, but it will cost \$7,500 and there is no guarantee they can get it for him. He can't afford to pay that kind of money only to be told there is nothing they can do for him. I'm hoping you can give me some insight. **Signed: Faithful Friend**

Dear Faithful Friend: If your friend has, as you say, worked and contributed to Social Security via FICA payroll taxes all his life, then he should be eligible to collect Social Security benefits. It only takes 40 quarters of credit (about 10 years of earnings) to be eligible for SS, so he should certainly be eligible if he paid SS FICA taxes for enough years.

Are there reasons why he might not be collecting? Sure, but they're not common, and here are a few:

- Indiana is one of 26 states where some state employees don't participate in the Federal Social Security program. If your friend was a state employee for his whole life he may not have contributed to SS, so he may not have the requisite 40 credits needed to collect Social Security.

- Social Security benefits are generally exempt from garnishing, except for certain types of situations. Any U.S. government agency (such as the IRS if he owes back taxes) can garnish his SS benefit if he owes them money. His SS can also be garnished for unpaid alimony or child support. But usually such garnishment means only reducing his SS benefit, not completely eliminating it.

- If he were collecting Social Security at one time, but SS later found that he had been overpaid for any reason, they could withhold his benefits until they recovered the overpayment. Sometimes, the actions of someone else (e.g., a former spouse) can cause him to be liable for an overpayment, but SS would have sent him a letter informing him of the overpayment and giving him an opportunity to appeal it. In any case, SS would only withhold benefits until the overpayment was fully recovered.

- Social Security benefits are not automatically awarded. If your friend simply neglected to apply for benefits when he was eligible, SS wouldn't sign him up automatically, regardless of his age. He will simply not get benefits unless he applies for them.

Your friend shouldn't pay anyone to find out if he's eligible for Social Security benefits. The answer is simply a phone call away by contacting the Social Security Administration, either at the national number (1.800.772.1213) or by contacting his local SS office (the local contact information is at www.ssa.gov/locator). Generally, this type of transaction can be accomplished over the phone. He should call Social Security and tell them he wishes to apply for "Social Security Retirement Benefits." Once they have his Social Security Number they can tell immediately if he is eligible for benefits and, if he is, he should ask for 6 months retroactive benefits (SS will pay up to 6 months retroactively).

If your friend cannot, for any reason, contact Social Security himself to discuss his situation, he can appoint someone (such as you) to represent him in these matters. Here is a link to Social Security's rules on having someone represent him: www.ssa.gov/pubs/EN-05-10075.pdf. You are, indeed, a good and faithful friend.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

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THE FLAVOR OF THE MONTH IN SEPTEMBER IS
SOUTHERN PECAN STICKY BUN

SEASONALS:

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— and —
Vermont Maple
Nut Crunch

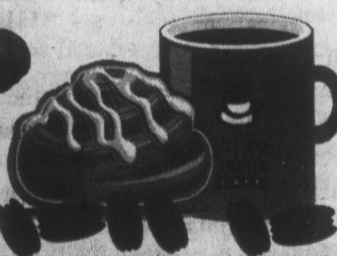
12 Old Colony Avenue
Quincy: 617-773-9420

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WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO

**Hamburg-Vegetable Concoction**

By JOHN PHILIP RICCIUTI

Among the benefits of being a bachelor is that there is nobody living with you to tell you what to do. That means you have the luxury of cooking everything in one pan and then eating out of that same pan. Think of the time savings! It may not be elegant, but let's face it, we use our sleeves for napkins and we're slob.

This is one of my favorites because I make it in a 10-quart sauce pan and eat it all week. Some people don't like to eat the same food more than one day in a row.

If you are one, then on behalf of all men, you have our permission to cut the recipe proportionally to accommodate your delicate constitution.

In said pan:

- Put the pan on medium low heat.
- Add 4 tablespoons of canola oil. That's not really as much as it sounds because this will make 10 servings. If you like an earthier taste you can use olive oil.
- Add one heaping teaspoon of minced garlic, or 3 chopped garlic cloves. Stir occasionally and until the garlic gets slightly brown.
- Add 3-4 medium chopped onions.
- Let the onions cook until they get slightly translucent.
- Then put in 1 lb of 85% or 90% hamburger. If you use 80% or less hamburger you may as well just head right to the Emergency Department because you will hear your arteries harden as you eat. (You can use more hamburger if you want but I'm a senior citizen so I limit my red meat consumption.)

sumption.).

- Stir this occasionally.
 - As the meat is cooking cube 2 1/2 lbs of potatoes and microwave them on high for 10 minutes. This is a little bit of a cheat to help speed up the cooking process. They won't cook completely and will finish cooking after you add them to the pan. Then put them in the pan.
 - By now the hamburger should be pretty much cooked. You don't want to see any pink because we don't want to get e-coli or salmonella.
 - Now put in one 1 lb. bag of frozen peas and one 1 lb. bag of frozen cauliflower. You can substitute as you see fit to suit your taste: broccoli, green beans, spinach.
 - Cover this and let the heat and steam soften the veggies and finish cooking the potatoes. This takes about 40 minutes.
 - If you feel adventurous you can add 1 cup of bread crumbs, and / or 1 cup more or less of your favorite salad dressing.
 - That's about my extent of adding flavor to the "dish." That said, I'm told that there are these new and exciting things called "seasoning." I'm not familiar with the concept, although the salt and pepper shakers must have a purpose besides giving my kitchen a 1950s vibe. So, these decisions are up to you.
 - Obviously, you can refrigerate the leftovers in the same pan. It tastes fine cold straight from the fridge the next day, and the day after that, and the day after that.
- Bon Appetit (when you say things in French, they automatically taste much better!)

Crustless Vegetable Quiche

By MARIE

Here is a recipe for a crustless vegetable quiche.

Sometimes for a crust I have used cornmeal but today's recipe calls for sliced onion for a crust.

RECIPE

- 1 tablespoon butter
- 1 medium onion, sliced
- 3 or 4 cups of sliced vegetables: tomatoes, zucchini, spinach and corn. (If you use these they do not need to be cooked.) (If you use broccoli or cauliflower, they should be cooked slightly first.) (If you use spinach just cut it up)

- Salt and pepper to taste
- 8 large eggs
- 1 cup of milk
- 1 cup of grated Parmesan cheese

Preheat oven to 400 degrees

Melt butter and sauté onion until golden brown. Slightly grease a deep dish pie plate and spread sliced onion on the bottom of the pie plate. Now spread vegetables evenly over the onion.

In a bowl beat eggs with milk. Add the cheese salt and pepper and mix well. Pour mixture over vegetables and onion. Bake for 45 minutes to 1 hour or until toothpick comes out clean.

Pizza Omelet

By SUSIE

I don't know anyone who does not like pizza. LOVE is more like it. Here is a fun and healthy recipe that could be served for any meal along with a salad.

An estimated 94 % of Americans eat pizza regularly and the average American eats about 46 slices per year, with more than 3 billion pizzas sold per year. A funny statistic is that 36% of people consider pizza to be the "perfect breakfast." So here I am with my pizza omelet for you to try. The crust on this pizza is made with eggs which is a healthy twist and makes a great breakfast.

PIZZA OMELET

- 2 organic eggs, whisked with sea salt and pepper to taste along with a tablespoon of parmesan OR pecorino romano (made from sheep's milk) and 1/4 teaspoon garlic powder
- 1 tablespoon or so of olive oil to heat

in the pan

- 2 tablespoons minced onion
 - 2 tablespoons of minced red pepper (or mushrooms)
 - 1/2 teaspoon dried basil
 - 1/4 teaspoon dried oregano
 - 3 tablespoons or so of tomato sauce, or spaghetti sauce that is warmed
- Coat a small skillet with olive oil and heat until very hot on medium heat. NOT high. Add herbs and onion/pepper/mushroom combo. Cook until fragrant. Now increase heat a bit and add in egg mixture. Cook as you would a regular omelet by not disturbing it for about 30 seconds, then using your spatula lift edges of omelet up to allow the runny egg to go under and cook. Keep doing this until it is firm enough to flip over. Flip and cook a bit more until done and slide onto plate. Top with warm tomato sauce and serve with a little extra parmesan or romano cheese if you like. ENJOY!!!!

Asst. State Treasurer Mark Bracken Receives Distinguished Service Award

Mark William Bracken of Quincy, Massachusetts Assistant Treasurer and director of its Unclaimed Property Division, was recently awarded the National Association of Unclaimed Property Administrators (NAUPA) Presidential Distinguished Service Award.

Arkansas Auditor, Andrea Lea, presented Bracken with the award.

Recipients of this award have demonstrated superior service and dedication to the association's mission and goals—based on time, effort, and willingness to contribute wherever needed.

"Mark William Bracken is most deserving of this award," said State Treasurer Deborah Goldberg, "His outstanding commitment and hard work are truly invaluable to our organization and it is an honor to have Mark on our team."

"Mark has been vital



MARK BRACKEN

in guiding the MA Unclaimed Property Division and NAUPA through the unprecedented COVID-19 crisis," said Jeremy Dawson, Associate Director of NAST, "His generosity, good humor, and fearlessness in supporting and guiding his colleagues across the nation truly exemplifies the superior service and dedication of the award."

Under the leadership of Bracken, the UCP team has established a presence that is

fully accessible to the public and is extremely effective, which has made them one of the leading unclaimed property divisions in the country.

In the first five weeks of COVID19, UCP processed over 12,000 claims. With an efficient and customer-friendly claims system in place, over \$5.5 million worth of claims were properly paid out during the pandemic.

Bracken has worked for the Massachusetts State Treasurer's Office since 2011. He has been instrumental in the progression of the Unclaimed Property Division and being able to serve thousands of residents.

He attended St. Anselm College and Suffolk University Law School where he received his JD.

Bracken is the current National President of NAUPA.

QATV, Kennedy Center Collaborate On Senior Programs

Quincy Access Television has joined forces with the Kennedy Center to bring Quincy seniors programs of interest to watch until they are able to return to the center.

Mark Crosby, Government Access coordinator at QATV collaborated with Tom Clasby, director and Marie Ferent, assistant director of the Kennedy Center. Together they explored various ideas to engage members of the Kennedy Center. It was decided to produce shows with some of the familiar teachers from the center.

When asked about the venture Tom Clasby said "We are very grateful to

QATV for making these programs available and for being such a great community partner for so many years!"

QATV is a member of Mass Access, a non-profit membership based advocacy group that works to ensure the future vitality of Massachusetts based access centers. Mass Access hosts the Mass Media eXchange (MMX) program, which allows access centers across Massachusetts to share programming. Marie and Tom were given access to this service to choose programs they believe will be entertaining to Quincy seniors.

Along with those programs seniors can now turn

to Channel 9 to exercise with Karen Gaughan, take an Eldys' yoga class with Margie Bello or enjoy Zumba Gold with Mary Ellen Reardon.

"This was accomplished because of the relationship QATV has with the Kennedy Center," Crosby said. "Amid the pandemic and social distancing requirements, Quincy Access Television recognizes the Kennedy Center's desire to keep their members connected and engaged."

Visit www.qatv.org/SeniorPrograms for all senior programming on Channel 9. For any questions about these, or any other programs, contact QATV at 617-376-1440.

READERS FORUM**9-11 And How America Has Changed**

On Friday (Sept. 11) as I usually do every Sept. 11, I stopped by where I was on Tuesday, Sept. 11, 2001 at the corner of Glover Avenue and Hancock Street by what is now Quincy Catholic Academy (then, Sacred Heart School). Nineteen years ago, it was a polling site and that Tuesday was preliminary election day. I reflected on how much America has changed since that fateful day. Up until then we had never been attacked before. We never dreamed that our own passenger airliners could be used as weapons against us.

I also remembered as the nation became one. There were no black lives, white lives or blue lives, there

were just all of us together as Americans. We were "us" and we stood locked arm to arm together.

Here we are 19 years later and I have never seen so much division that has been sown by those bent on dividing us up. In recent weeks, the pages of this newspaper have been filled with so much divisive rhetoric. We seem to have forgotten how we felt back on Sept. 11, 2001 when all of us seemed to believe in America, why have so many lost that feeling?

I never believed America was a perfect nation and few of us over the lifetime of this nation thought that. We are all imperfect and our goal is to keep advancing our na-

tion and learning from our past. This nation however was not founded on slavery and it is not inherently evil either.

I have always seen racism as an evil and it remains so today. I see it as I see Original Sin, a stain on all of us. This sin of racism is ours to cleanse ourselves, all of us, every race, ethnicity, gender, etc.

There is little to be gained by declarations of racism as a public health crisis. We each need to work on ourselves to end this chronic crisis. One person at a time.

Do we get moving apart or together? Together, like 9-11 or apart like today?

Sal Giarratani
East Boston

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Psoriasis: Signs, Symptoms Of A Chronic Disease

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Psoriasis is a common skin condition that alters the life cycle of skin cells.

Psoriasis causes cells to build up rapidly on the surface of the skin. The surplus of skin cells form thick, silvery scales and itchy, dry, red patches that are occasionally painful.

Psoriasis is a persistent, chronic disease, which at times can consist of symptoms fluctuating from improvement to worsening. The cause of psoriasis isn't fully known, but it's thought to be related to problematic immune system cells in your body.

Signs and symptoms can vary from person to person but may include one or more of the following:

- Red patches of skin covered with silvery scales
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed
- Itching, burning or soreness
- Thickened, pitted or ridged nails
- Swollen and stiff joints

Patches of psoriasis can range from a few spots of dandruff-like scaling to major flare-ups that cover extensive areas. Nearly all types of psoriasis go through cycles, flaring for a few weeks or months, then subsiding for an interval or even going into complete remission.

There are several types

of psoriasis. These include:

- Plaque psoriasis is the most common form and causes dry, raised, red skin lesions (plaques) covered with silvery scales. The plaques itch or may be painful and can crop up anywhere on your body, including your genitals and the soft tissue inside your mouth. The amount of plaques can range from merely a few to numerous amounts.

- Nail psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration.

- Scalp psoriasis appears as red, itchy areas with silvery-white scales on the scalp. The red or scaly areas often extend beyond the hairline.

- Guttate psoriasis primarily affects young adults and children and is usually triggered by a bacterial infection such as strep throat. It's discernible by small, water-drop-shaped sores on the trunk, arms, legs and scalp. The sores are covered by a fine scale and aren't as thick as characteristic plaques.

- Inverse psoriasis mainly affects the skin in the armpits, in the groin, under the breasts and around the genitals, causing smooth patches of red, inflamed skin.

- Pustular psoriasis is an uncommon form of psoriasis that can occur in widespread patches (generalized pustular psoriasis) or in smaller areas on your hands, feet or fingertips.

- Erythrodermic psoria-

sis is the least common type of psoriasis and can present with a red, peeling rash covering your entire body that can itch or burn intensely.

- Psoriatic arthritis consists of inflamed, scaly skin, and in addition causes pitted, discolored nails and the swollen, painful joints that are typical of arthritis.

Psoriasis typically starts or worsens because of a trigger that you may be able to identify and avoid. Factors that may trigger psoriasis include:

- Infections, such as strep throat or skin infections
- Injury to the skin, such as a cut or scrape, bug bite, or a severe sunburn
- Stress
- Cold weather
- Smoking
- Heavy alcohol consumption
- Certain medications

Anyone can develop psoriasis, but these factors such as family history, viral and bacterial infections, stress, obesity and smoking can intensify your risk of developing the disease.

The objectives of psoriasis treatments are to stop the skin cells from growing so swiftly, which reduces inflammation and plaque formation and to remove scales and smooth the skin, which is particularly true of topical treatments that you apply to your skin. Treatment modes can be divided into three main types: topical treatments, light therapy and systemic medications.

Topical treatments

Used alone, creams and

ointments that you apply directly to your skin can efficiently treat mild to moderate psoriasis. When the disease is more relentless, creams are likely to be combined with oral medications or light therapy.

Light therapy (phototherapy)

This psoriasis treatment uses natural or artificial ultraviolet light. The simplest and easiest form of phototherapy entails exposing your skin to controlled amounts of natural sunlight. Additional forms of light therapy include the use of artificial ultraviolet A (UVA) or ultraviolet B (UVB) light either alone or in combination with medications.

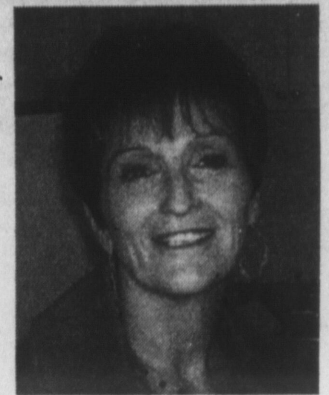
Oral or injected medications

If you have severe psoriasis or it's impervious to other types of treatment, your doctor may prescribe oral or injected drugs. Some of these medications are used for only brief periods of time because of potential severe side effects and may be alternated with other forms of treatment.

Treatments are usually based on the type and severity of the psoriasis and the areas of skin affected, however the traditional approach is to commence with the mildest treatments such as topical creams and ultraviolet light therapy (phototherapy) and then progress to stronger ones if necessary. The objective is to find the most effective way to slow cell turnover with the fewest possible side effects.

Regardless of a range of options, effective treatment of psoriasis can be taxing. The disease is unpredictable, going through seemingly haphazard cycles of improvement and worsening. Effects of psoriasis treatments also can be erratic; what works well for one person might be ineffective for someone else. Your skin also can become resistant to countless treatments over time, and the most potent psoriasis treatments can have dangerous side effects.

It is imperative to communicate with your health care provider about your options, especially if you're not improving after using a particular treatment or if you're having uncomfortable side effects. He or she can adjust your treatment plan or modify the approach to ensure the best possible management of your symptoms.



RUTH JONES

Coping with psoriasis can be a challenge, especially if the disease covers large areas of your body or is in places readily seen by other people, such as your face or hands. The ongoing, persistent nature of the disease and the treatment challenges only add to the burden. Managing life with psoriasis isn't always easy. But making healthy choices and limiting stress in your life can have an impact by helping you live well with psoriasis.

Ruth Jones is the health commissioner for the City of Quincy.

College Testing Data Added To COVID-19 Weekly Report

The Massachusetts COVID-19 Command Center announces that higher education data from COVID-19 testing will be reported on a weekly basis on the state's COVID-19 dashboard. The report includes aggregate data from 59 colleges and universities doing testing on campus.

As of Sept. 16th, the COVID-19 Weekly Public Health report published each Wednesday will include a report on the number of tests performed, positive cases, percent positivity, and the percent of new cases identified through testing by public and private colleges and universities. As additional colleges and universities launch COVID-19 testing initiatives, results from those tests will be added to this report.

Starting in mid-August, higher education institutions across the state implemented regular testing programs for their students, faculty and staff, the results of which have been included in the COVID-19 Daily Dashboard. DPH will continue to report these results in the Daily Dashboard, in addition to providing specific information on college and university testing in the Weekly Public Health report.

Massachusetts provides access to COVID-19 testing with a network of over 250 sites across the state. The Commonwealth has

also increased access to testing with its Stop the Spread initiative, which provides free asymptomatic testing in targeted communities. Throughout the summer, the Commonwealth has significantly increased testing volume, with over 3 million tests completed. Learn more about testing at www.mass.gov/gettested.

The state provides a snapshot of the COVID-19 impact in Massachusetts on its Daily Dashboard posted each day by 4 p.m. and on Wednesdays by 6 p.m. The COVID-19 dashboard includes daily and cumulative data on confirmed cases; molecular, antibody, and antigen testing by date; cases by sex/race/ethnicity; hospitalizations, hospital capacity and census; and deaths.

The Weekly Public Health report published each Wednesday includes more granular information, including cases and case rate by age, town-by-town case and testing information, a map of high, medium, and lower-risk communities, updates on nursing facility survey results, and the distribution of Personal Protection Equipment. In addition, the online COVID-19 dashboard includes additional data reported as part of the requirements of the recently approved Chapter 93 legislation. These include data reports on COVID-19 cases in county correctional facilities, elder facilities, and childcare facilities.

Don't Let Your Pandemic Diet Cost You Hair Loss

The home-isolation effects of the pandemic are putting extra pounds on Americans, giving rise to the term "The Quarantine 15."

After months of disruption to daily routines, poor eating habits and less physical activity equate to more weight. Dieting is the next step for some people, but medical experts caution that if they're not careful, certain fat- and calorie-cutting measures can cause another kind of loss besides pounds — their hair.

"With some fad diets, you are missing out on some important nutrients, and that factor can have an impact on hair loss," says Dr. Patrick Angelos, author of *The Science and Art of Hair Restoration: A Patient's Guide*.

"Your body requires adequate calories and protein to feed your hair follicles. Your hormones have a direct

effect on your hair health. In order to balance your hormones it's important to know what foods, nutrients and supplements you need on a regular basis, and what you don't need."

Dr. Angelos offers these nutritional tips to aid overall health and prevent hair loss:

- **Avoid sugar.** Crash diets or cleanses can lead to too much sugar in the bloodstream, which promotes inflammation. "When people eat sugar or carbs, it causes a spike of insulin and androgens, which bind to hair follicles and cause the hair to fall out," Dr. Angelos says. "Inflammation driven by high-glycemic diets affects the immune system, and high levels of insulin can lead to hair loss."

- **Get plenty of protein.** "Protein is critical for keeping your hair healthy, but many people don't get enough," Dr. Angelos says.

"Too little protein in your diet can damage healthy hair and inhibit your body's ability to build new hair follicles. Lean meats like fish and chicken, eggs, and soy products are good sources of protein."

- **Seek fatty acids.** Omega-3s play a key role in the health of hair and skin. Dr. Angelos suggests foods that are rich in these fatty acids such as salmon, tuna, walnuts and almonds.

- **Beware of low iron.** Low iron can be a cause of hair loss. "A balanced diet should include iron-rich foods such as spinach, pork and salmon, peas, and dried fruit," Dr. Angelos says. "Foods high in vitamin C — oranges, strawberries, broccoli, tomatoes — allow your body to absorb iron in a more efficient manner."

- **Consider supplements.** Dr. Angelos says

a number of supplements can help maintain a balance necessary for good health and healthy hair. "Those include fish oil, a multivitamin that includes vitamins A, B complex, C, D, and E, along with the minerals zinc, iodine, and iron," he says. You may want to also take a supplemental B-complex vitamin, although most multivitamins have sufficient amounts of Bs. And, if not in the multivitamin, also supplement with biotin, a coenzyme that helps the function of B-complex vitamins."

"Our habits have been disrupted during the pandemic, so it's an opportune time to create new and healthy ones," Dr. Angelos says. "Dieting doesn't mean depriving yourself of essentials your body needs. And a healthy diet can help your hair stay strong and shiny."

On Sept. 19, 2020, at approximately 6:05 a.m., Officer Reilly was dispatched along with Officer Cox to a residence on Bayfield Road to do a wellbeing check on a woman who was described as "stumbling, crying, and trying to get into cars." She was also described as wearing jeans and a black jacket.

As Officer Reilly and Officer Cox responded, Officer Simmons was dispatched to a residence on Botolph Street to speak with a person who wanted to report that he thought someone broke into his car as well as his house. These two incidents were later discovered to be connected.

As Officer Reilly and Officer Cox arrived on scene, Officer Reilly observed the female walking down North Bayfield Road. She was stumbling and looked confused. Officer Reilly asked her what she was doing and she stated she was looking for her car. She described her vehicle as a "white Altima." She couldn't remember the license plate but stated there was a "J" in it. Officers were able to confirm with the Registry of Motor Vehicles' records via dispatch that she is the registered owner of a white vehicle with a Mass license plate with a J in the plate.

She stated she drove to Quincy from Massachusetts Avenue in Boston after picking up a woman named "Meghan." She stated she drove Meghan to a house somewhere nearby and at some point left her vehicle and got separated from her. She claimed she was now trying to find her vehicle to return home but she was unfamiliar with the area and couldn't pin point where she was.

At this point, Officer Simmons contacted Officers Reilly and Cox and reported that the incident he was dealing with on Botolph Street may be related to the individual they were speaking with. Around this time, Officer Reilly also made contact with the person who originally contacted the Quincy Police to request a wellbeing check on the female. The resident explained to Officer Reilly that she had observed the female outside her apartment window and saw her walking around the parking

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

lot behind the building. The resident stated she witnessed the suspect check the handle of the driver's side door of the vehicle in an attempt to make entry but was unsuccessful. The resident stated the female then walked out of the parking lot and into the street towards the area where Officer Reilly first encountered her.

Officer Simmons soon arrived on scene with Officers Reilly and Cox. He reported a burglary took place at a residence on Botolph Street and the black jacket the female was currently wearing matched the description of several items that were reported stolen in that incident. Officer Simmons brought the jacket to the owner who confirmed it to be stolen. At this point, Officer Reilly placed the female under arrest for burglary and attempting to commit a crime (B&E into a motor vehicle.)

Officer Simmons soon returned to the scene and conducted a search incident to arrest. He discovered a driver's license with an elastic wrapped around it holding several dollar bills and a brown flip phone. The license and phone belonged to a resident of the Botolph Street address. Officer Reilly spoke to that victim. He explained he was sleeping in his basement bedroom at around 4:30 a.m. when he was awoken to one of the basement windows being opened. He stated when he got up to see what it was, he saw an unknown person with a hood over their head. The unknown individual had his black jacket and a pair of green sweatpants in their hand. The victim then confronted the individual who ran off, up the basement stairs, and out the front door to the house.

In the driveway, right next to the basement window the suspect used to gain entry into the home, there was

a bag of miscellaneous items which appeared to be trash but included many photographs of an unknown family as well as a few computer related items. Also present near the bag was a black security jacket, a gray sweatshirt with security tags still attached, and what appeared to be a rolled up bagged tent. The occupants of the home stated that none of these items belonged to them and must have been left by the suspect. Officer Reilly took photographs of the scene. The discarded bag, with the items, was brought to the Quincy station and logged into evidence.

A short time later, Officer Cox located the suspect vehicle at the intersection of Clive Street and Holyoke Street. Inside the vehicle, in plain view, was a lock box with money sticking out of it and a safe. Officer Cox along with the North Quincy Patrol Supervisor Sergeant Duran requested Ayers Towing Service to tow the vehicle. The vehicle, in accordance with Quincy Police Department Policy was inventoried by Sergeant Duran. Sergeant Duran located various items to include: a security badge and ID belonging to an unknown individual, pill bottles in various individuals' names, cash, and various other items. These items were seized by Sergeant Duran and given directly to Detective Pepjonovich as evidence to determine if they may be connected to other crimes.

Sergeant Duran spoke with a resident in the area who stated he woke up this morning to find his garage was broken into through the main door and appeared to have been looked through by someone. At this time he didn't notice anything missing but believed the occupants who were sitting in the white vehicle hours earlier may have been involved.

The 30-year-old female from Boston was arrested and transported to the Quincy Police Station where she was booked in the usual manner. Detectives are investigating this incident further in an attempt to determine the rightful owner(s) of the recovered property. Nice work by all, particularly the alert resident who first contacted the Quincy Police to report her observations.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, SEPT. 11

VANDALISM/PROPERTY (took copper/past), 1:45 p.m., Fayette Street. Asian male fled collecting copper piping from house, taken off of the house. Reporting party waiting out front of address. Unsure which way Asian male went, but damaged electrical wiring on the house. Copper located at 95 Fayette St. Reporting party does not want to pursue.

LARCENY/MOTOR VEHICLE, 7:58 p.m., Hancock Street. Caller parked her car in lot last night and now it's not there. Reporting party to be transported to Ayers to retrieve motor vehicle.

SATURDAY, SEPT. 12

LARCENY (package), 3:37 p.m., Muirhead Street. Male in QPD lobby now. FedEx confirmed delivered. Reporting party has confirmation, it was signed by unknown party.

SUNDAY, SEPT. 13

VANDALISM/PROPERTY (egged and painted), 3:19 a.m., Marlboro Street. Caller says they are headed back to Beach Street. Two white females and one white male, ongoing. 779 located disordered at Beach and Phillips. Disorder was related to this incident, 770 bringing iPad to scene per request of 776. Home was photographed with iPad.

BREAKING AND ENTERING/PAST (business), 6:14 a.m., Concord Electric, 258 Willard St. While investigating alarms, Engine 5 reports B&E to business. Firefighters are in business, no apparent suspects. No B/E just a tripped alarm property appears secure.

VANDALISM/PROPERTY (car), 7:50 a.m., Phillips Street. Reporting party states someone keyed her car and spit all over it. Seems to be an ongoing issue. Says she knows who did the damage. Reporting party has installed new cameras. Request CP follow up with residents on Phillips Street. Parking issues.

VANDALISM/PROPERTY (graffiti), 9:46 a.m., Port 305, 305 Victory Rd. Building spray painted.

VANDALISM/PROPERTY (boat), 1:43 p.m., Victory Road. Possible use without authority as well as vandalism. Docked by harbor master's office M-3 was unable to make contact with caller. Left contact info for follow up.

LARCENY (packages), 4:03 p.m., Clement Terrace. Multiple packages taken from front porch. Has video.

MONDAY, SEPT. 14

LARCENY (two packages), 8:55 a.m., Independence Avenue. FedEx and UPS packages were confirmed delivered. Today nothing is there in the lobby.

BREAKING AND ENTERING/PAST (storage unit), 1 p.m., Extra Space Storage, 21 Weston Ave. Reporting

party from address above requesting to speak with an officer regarding the B&E of her storage unit that she has just come and discovered. Multiple items taken.

BREAKING AND ENTERING/PAST (building), 2:36 p.m., Washington Street. Serviced.

BREAKING AND ENTERING/PAST (unit), 4:56 p.m., Extra Space Storage, 21 Weston Ave. Caller says someone broke into her unit.

TUESDAY, SEPT. 15

BREAKING AND ENTERING/PROGRESS (business), 5:55 a.m., Quincy Auto Service, 305 Quincy Shore Dr. Caller states that a male just broke into the gas station. Reporting party states male smashed window and is inside the store. Male with a duffel bag heading up Quincy Shore Drive wearing a black hoodie. Male has the sledgehammer in his hand. White male about 5'10" all dark clothing. Suspect on video: white male wearing a black jacket, jeans, blue/white sneakers, black/white mask.

BREAKING AND ENTERING/PAST (dwelling), 9:35 a.m., Grossman Street. Was told to call back with the items missing from room.

VANDALISM/PROPERTY (gray Toyota Highlander), 2:41 p.m., Phillips Street. Male reporting party is in the lobby now. Has camera footage now - from ongoing issue with neighbor. SUV - right side scratched with a key six times. Caller has car here in the QPD lot.

WEDNESDAY, SEPT. 16

Support The Best Qualified Candidates For Any Position

I suspect I am not alone in being horrified at the divisive and racist sentiments expressed by the "Quincy For Transformative Change Policing Accountability Task Force".

The hiring of a police officer may include an evaluation of physical ability, education level, job/life experience, talents, and accomplishments. Is the candidate a veteran, combat veteran, or bilingual? Do they have a background as an EMT, Corrections Officer, or in Criminal Justice? Let us not discount test

scores which can predict success for an individual to advance in a field that may will eventually require the abilities of a lawyer, diplomat, administrator, and politician.

What we do not need to consider is a person's skin color. The task force is obviously not going to be happy with equality of opportunity. They are looking for equality of outcome which is not compatible with equal opportunity. They are not advocating for a level playing field but rather for discriminatory practices that will fit

BREAKING AND ENTERING/PAST (dwelling), 1:28 a.m., Sea Street. Just returned home to find his front door wide open and his apartment ransacked. Will be waiting out front.

LARCENY/MOTOR VEHICLE, 8:09 a.m., Oakland Avenue. Moved in last night car no longer in driveway. No recent queries. Stolen vehicle record entered. Reporting party states keys were left in reported stolen vehicle.

LARCENY (packages), 11:44 a.m., East Howard Street. Reporting party in QPD lobby.

THURSDAY, SEPT. 17

LARCENY (tools), 12:01 p.m., Home Depot, 177 Willard St. From his truck reporting party will be parking lot.

LARCENY (package), 4:09 p.m., Burgin Parkway Ext. Language barrier with caller. Reports this occurred in March. States she moved back to New York due to pandemic; requested unit call her.

VANDALISM/PROPERTY (tire slashed), 6:39 p.m., Hancock Street. Caller has suspect info. Caller will have her flashers on. Victim has video of suspect slashing tire. It will be forwarded to QPD.

Breaking & Entering MV: Newport Avenue
Breaking & Entering in Progress: Quincy Shore Drive
Breaking & Entering in the Past: Sea Street, Grossman Street, Weston Avenue (2), 400 block of Washington Street.
Larceny MV: Oakland Avenue
Total Calls For Service: 1,055

READERS FORUM

their agenda.

This has been the pattern for discrimination throughout history and in every corner of the globe. Single out a group (in this case white males) and invent reasons to exclude them from avenues to success. It is not a recipe for a harmonious society.

I would like to think most of my fellow citizens agree that we want to support the best qualified candidate for any position regardless of race, gender, or ethnicity.

I could be wrong. As an

old white male that voted for Trump and is a life member of the American Legion, Veteran of Foreign Wars, and the National Rifle Association; I'm well aware that members of the "Task Force" will discount anything I say and are likely to attack me personally rather than engage in a logic-based dialogue. So be it. To paraphrase Steven Crowder - you are welcome to change my mind.

Barry Bergen
Quincy

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Many Parents Opting Into Remote Learning

Cont'd From Page 1

the option of keeping their children home, where they would continue with remote learning.

A survey was sent to the parents of 6,000 students in grades four through twelve on Sept. 11 asking them whether their children would be transitioning from remote to hybrid learning on Oct. 13 if given the option to do so.

Supt. Kevin Mulvey said 2,300 responses had been received as of the Sept. 16 School Committee meeting. Of those, 77 percent selected the remote learning option and 23 percent picked the hybrid option.

Ninth graders had the highest preference for hybrid classes; 29 percent of those parents picked the hybrid model. The other three high school grades – ten through twelve – had the least preference for hybrid model, at 18 percent each. Between 23 to 24 percent of parents chose the hybrid option in each of the other grade levels.

Parents had until Sept.

18 to respond to the survey, Mulvey said. Children whose parents did not respond to the survey would automatically be opted into the remote model through Nov. 6. Parents of high-need students are not required to respond to the survey.

Laura Owens, the assistant to the superintendent, said she had received emails from about a dozen parents who said it was too soon to decide between the hybrid and the remote options. The district will send another survey to parents in October for a potential November transition to hybrid learning.

Owens added that the survey had been sent out on a Friday so parents could discuss the matter with their children over the weekend.

School committee member Doug Gutro said he was concerned that some parents might not have received the survey because certain email providers – including AOL, Comcast and Hotmail – block emails sent from Quincy Public Schools email addresses. Owens said principals also sent out links

to the survey using the district's instant alert system, which those email providers do not filter out. Links to the survey were also posted on the school system's website and on social media.

Mulvey said about 49 percent of students from pre-kindergarten to grade three, who had been eligible for the hybrid model at the beginning of the year, are taking remote classes instead. Those students' parents were surveyed prior to the school year; Owens said the response rate for that survey was 90 percent.

The School Committee will use several health metrics to determine if students in grades 4 through 12 can transition from remote to hybrid learning on Oct. 13. Those same metrics could also be used to determine if any students can move to in-person learning on a full-time basis.

Quincy would need to be designated a green community or unshaded by the state Department of Public Health in order for the committee to consider transitioning more

students to the hybrid model or to full-time in-person. Green communities have an average of fewer than four new COVID-19 cases per day per 100,000 residents in the past two weeks while unshaded communities have fewer than five active cases.

Quincy has been a green community since mid-August. It was previously a yellow one.

Other metrics the committee will consider include the number of cases among residents ages 18 and under the city, the number of cases among Quincy Public Schools students and staff, the number of QPS students with cases in their household, and data from communities where school teachers and staff reside.

Committee member Paul Bregoli asked Ruth Jones, the city's health commissioner, how long Quincy would need to be listed as a green community in order to move students from hybrid to full in-person learning.

Jones said the state has not provided any guidance for doing so. The school board, she said, would need to consider the other data in addition to number of new cases per day when it does make its decision.

"I don't think there is an easy answer to this," Jones said. "I think we have to look and see what's going on. We're coming up on flu season. We're coming up on the winter – people are going to be indoors more."

Bregoli also asked if the measures in place to prevent

the spread of COVID-19, including the use of masks and social distancing, would stop the flu as well. Jones was optimistic they would.

"Blocking sneezing and coughing, and blocking particles from going out in the air, it's not going to hurt," she said. "I would hope it would help."

The district has purchased 7,000 Chromebooks for students using funds from a federal stimulus package approved earlier this year amid the coronavirus pandemic.

Quincy was initially told those Chromebooks might not be received until November, but city officials reached out to state officials to put pressure on the manufacturer. Mulvey said the first 2,500 Chromebooks could be received as soon as this week with the remaining 4,500 coming later in the fall.

After the Chromebooks arrive from overseas, they will be sent to a vendor for software installation. Mulvey said that company can program up to 500 computers a day and the district will use one of its food service trucks to pick up the Chromebooks as they are ready.

The district had distributed 1,263 Chromebooks to students in grades four through twelve as of the Sept. 16 committee meeting, Mulvey said. The school system already had those laptops on hand.

The superintendent said there were 1,131 outstand-

ing requests for Chromebooks, 568 in grades four through twelve and 563 for kindergarten to grade three. Mulvey said some of those students might already have access to technology at home.

The 2,500 Chromebooks set to arrive in the coming weeks will be distributed to those students who have requested but not yet received one. The remainder will be kept in reserve and also distributed to schools, where they can be used on hybrid learning days, Owens said.

The district had initially purchased the 7,000 students to provide one for each student in grades five through twelve. Mulvey said students in lower grades might be receiving them too, based on demand in the upper grade levels.

"We initially prioritized grades five through twelve," he said. "The need we thought would be there is not there, so we were able to bring the Chromebooks down into the lower grades and give them to students in lower grades."

Students without computer access also have the option of using a school computer lab for their remote classes. Mulvey said 17 middle school and high school students had availed themselves of that option as of Sept. 16. Those students had been using labs at the two high schools; Mulvey said elementary and middle school computer labs could open to students this week.

Three Wollaston Townhouses Approved

By SCOTT JACKSON

The Zoning Board of Appeals approved a developer's request to build three townhouse units on Arlington Street in Wollaston.

The ZBA approved the proposal for 125-135 Arlington St. during its meeting on Sept. 15. The Conservation Commission had approved an order of conditions for the project in June.

Richard Nguyen had been seeking permission to split the parcel, which presently has a single-family on it, in two and build the townhomes on the larger of the two lots. Rob Fleming, Nguyen's attorney, said the single-family home would remain in place on a 5,000-square-foot lot while the three new units would be located on a 10,000-square-foot lot.

Each of the three new units will stand three stories tall, with a two-car garage on the ground level and living space on the two upper floors. The entrances to the garages are located in the rear of the townhomes, on the side facing away from Arlington Street, and will be accessed by a driveway from Arlington Street that leads to the rear of the building.

Each unit will have three bedrooms and two and a half bathrooms.

The site is located in a FEMA-designated flood plain. Shawn Hardy, the

applicant's engineer, said his client would install 14 Cultec chambers underground on the site that can store up to 2,000 cubic feet of water.

"We wanted to be able to handle any runoff from this site," Fleming said.

Two residents spoke during the public hearing portion of the ZBA meeting, which was held via Zoom.

Anika Staunton asked if the section of Arlington Street near the proposal would be improved. Martin Aikens, the board's chairman, said the developer would be fixing the portion of the roadway in front of the property.

John Rodophele said he supported the project because it is "good new growth," but questioned whether there would be enough space in the rear for vehicles to turn around and enter the garage from the driveway. Aikens said the developer would be providing a 36-foot turning radius.

Board members approved the proposal in a unanimous vote.

Michael Covais, the vice chairman of the board, said discussions about potential development on the site date back at least 20 years.

"I'm happy to see someone fix it up because it looks terrible," he said.

Charles O'Brien said the new stormwater management system would be beneficial.

"It will be an improvement to the end of the street there," he stated.

In other business on Sept. 15, the Zoning Board of Appeals:

Granted a variance to Donald Surge to replace the existing front steps at 20 Unity St. with a small entry with a covered roof.

Granted South Shore Development LLC a variance for the four-lot subdivision at Patriot Lane, located off High Street. The variance will allow two of the single-family homes planned on site to be located 21 feet from Patriot Lane rather than the required 25 feet.

Granted Michael Keane a variance to construct a one and a half story garage at 87 Madison Ave. The garage will include room for one vehicle and an office space upper level.

Granted a finding to Gui Juan Zhang to enclose the existing front porch at 242 Elmwood Ave.

Granted a special permit/flood plain and variance to Lindsay and Scott Yardley to demolish the single-family home at 6 Nut Island Ave. and build a new single-family home in its place. The new home will be two stories tall and located on stilts to keep it above the flood plain.

Continued until Oct. 13 AT&T's request to install a wireless communication facility at 3 Dorchester St.

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Real Estate

Quincy Real Estate Transactions September 14 - September 18

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Barbara E. LaFitte
US Bank Trust NA
Kyle A. & Jennifer A. O'Brien
100 Grandview Avenue Trust
Craig B. & Stacey Mulligan
Kathleen Dole
Peter J. & Kathleen A. Papile
Arnold R. & Kathleen A. Casavant
Myrabeth A. Hoban
Michael Carney & Amanda L. Reynolds
Al B. Eng, Jua Gao
William D. Frye
143 & 151 Hancock LLC
Joseph R. & Alice H. Dion
Anne M. Smith
Eric A. London & Minh Tran
Kingsley & Melissa Wong
Northvane Realty Trust
Geraldine M. Lewis
Beth M. Baker
Jyoti R. Tripathy & Ankita Priyadarsini
Michael J. & Janet M. Dunne
Christine Chace
See & Jing Wong
Jeremiah M. & Anne M. O'Sullivan
30 Town Hill Street Trust, 36 Town Hill Street Trust
Michael & Bridie Grehan
Robert & Mary E. DeCoste
Kaichao Sun & Xiao Li
Deborah A. Culhane & George O'Brien
Bruce J. & Sara T. Callard
Mark T. Caulfield
Cassie Huang
Son H. Nguyen
Zhong R. Wang & Xiang L. Du
Iolanda Sala Trust
Bank of New York Mellon
Neal E. Millikan

BUYER

Victoria LaCava
Shahid Durrani
Robert A. Toombs
Shaun A. Lai & Phuong M.T. Hua
Wei & Shanrong Wu
Jing Zeng & Kawai So
Kacey L. Emmons
Petrone Realty Trust
Paul Tellier & Ryan Krivonick
Boer Chen & Yuheng Wu
70 Cross Street LLC
Amy M.Y. Chen
Ganesh Sosale
Nina M. Bandera
Lori & Robert C. Maynard
Ka W. Fong & Yuling Chen
Hieu & Huong Nguyen
Mei R. Chen & Ju Shi
Robert & Jennifer Bradbury
Freedom Capital Solutions LLC
Einstein & Anna T. Yee
Yifei Li
Jonathan Mirabito & Nikelle Petrillo
Ting T. Huang & Xin Luo
H. N. Homes LLC
Jeffrey Peyton & Sean Bradley
Lillian Gonzalez & Adela Mendoza
Albert E. Good, 3rd & Alexis Argiros
Lan X. Lin
Wai Cheung & Wai Y. Cheung
Demarigny S. Hahnstein & Timothy Anderman
Cameron Feder
Anchalee & Ronnawet Wuwong
Tayson Ng
Yong S. & Le Ding
Yuhao & Yiqin Zhong
P&A Martini Investments LLC
Stacy Siegal

AMOUNT

\$715,000.00
\$270,000.00
\$550,000.00
\$275,000.00
\$615,000.00
\$615,000.00
\$679,000.00
\$575,000.00
\$651,000.00
\$584,000.00
\$589,000.00
\$347,500.00
\$530,000.00
\$551,000.00
\$150,000.00
\$475,000.00
\$568,000.00
\$785,000.00
\$734,000.00
\$250,000.00
\$404,000.00
\$449,000.00
\$486,000.00
\$680,000.00
\$980,000.00
\$579,900.00
\$1,400,000.00
\$570,000.00
\$585,000.00
\$385,000.00
\$799,900.00
\$604,000.00
\$560,000.00
\$800,000.00
\$636,000.00
\$620,000.00
\$354,700.00
\$607,500.00

ADDRESS

32 Summit Avenue
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30 Harris Street
100 Grandview Avenue, Unit 6C
56 West Elm Avenue
55 Viden Road
2-4 Lawn Avenue
10 Seaport Drive, Unit 2515
17 Bromfield Street
999 Hancock Street, Unit 409
224 Presidents Lane
200 Falls Boulevard, Unit D108
151 Hancock Street, Unit 8
25 Abigail Avenue
934 Southern Artery, Unit 109
50 Des Moines Road, Unit 1A
85 Oakland Avenue
31-33 Vane Street
22 Gardiner Road
21 Linden Street, Unit 407
90 Quincy Shore Drive, Unit 717
1001 Marina Bay Drive, Unit 316E
999 Hancock Street, Unit 206
195-197 Centre Street
12-14 Intervale Street
30-36 Town Hill Street, Unit 36A
65 Reservoir Road
26 Algonquin Road
36 Bromfield Street
100 Cove Way, Unit 301
19 Churchill Road
999 Hancock Street, Unit 402
95 Independence Avenue
27 John Street
56 French Street
29 Nilsen Avenue
12 Grace Road
12 Tilden Commons Drive, Unit 1-3

COVID-19 And The Norfolk County Real Estate Market

Since March 10th when Gov. Baker declared a state of emergency to combat the COVID-19 pandemic, most of us have experienced some sort of personal or economic upheaval. We do live in extraordinary times.

Despite all this upheaval and uncertainty, Register of Deeds William P. O'Donnell reports one area of our economy has remained viable:

the Norfolk County real estate market.

"The COVID-19 state of emergency ordered by Governor Baker recently passed the six-month time frame," O'Donnell said. "Since the beginning of the pandemic, I am proud to report the Norfolk County Registry of Deeds has remained open

for the recording of land documents. While the Registry of Deeds building remains closed to the general public, Registry personnel have been able to continue recording land documents. At the beginning of the pandemic, we utilized social distancing, split work shifts, remote access, and use of our disaster recovery site to record documents. With the lifting of some restrictions

by Governor Baker, continued practice of social distancing and taking all other necessary steps to ensure the safety of our employees, more of our personnel are now working out of our main building in Dedham. Throughout the pandemic, we have also utilized electronic recording for our institutional users such as banks, law firms and title

Cont'd On Page 16

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Erin Perkins Named QPS Assistant Superintendent

By SCOTT JACKSON

The School Committee has confirmed the selection of Erin Perkins to be the school district's new assistant superintendent.

The committee approved the appointment in a unanimous vote on Sept. 16. Perkins succeeds Kevin Mulvey as the second in command in the school system; Mulvey was appointed superintendent in August.

Mulvey recommended Perkins for the assistant superintendent position. He noted she has worked for the school district for the past 20 years, starting as a third grade teacher at Beachwood Knoll before moving to Broad Meadows where she taught special education.

From there, Perkins became an administrator on the special education team and then held various roles in the central office. Perkins spent the last three years as the district's special education director and is pursuing



ERIN PERKINS

a PhD in educational leadership from Lesley University.

"It's my honor to recommend to you Mrs. Erin Perkins as the next assistant superintendent for the Quincy Public Schools," Mulvey said.

Mayor Thomas Koch, the chairman of the school board, said Perkins is dedicated to her job.

"I've observed Erin Perkins in her many years working in this system. Her commitment and dedication is just incredible," Koch said. "We're blessed in the

system to have someone as capable with the skillset and passion she brings to the job every day."

Anthony Andronico, the committee's vice chairman, said Perkins goes above and beyond for the committee, her colleagues, and the district's parents.

"You're always going the extra mile in everything that you do. You are going to be a fantastic assistant superintendent. I have utmost confidence in you," Andronico said. "I have no idea how you are pursuing a PhD on top of everything else that you're doing."

Emily Lebo said Perkins has a great rapport with parents.

"Her relationship with parents is incredible," she said. "Everybody doesn't have that ability, but you really do. People feel like you hear them and you understand them when you speak to them, and I think that is so valuable."

Kathryn Hubley shared the same sentiment.

"I've never had a parent say anything but wonderful things about Mrs. Perkins and how responsive she has been to their needs when they have contacted her regarding their children," Hubley said.

Paul Bregoli said Perkins is a consummate professional.

"She is just a consummate professional. She really is," Bregoli said. "She carries herself as a professional, she deals with parents as a professional and she deals with members of the School Committee as a professional."

Doug Gutro said Perkins has been deeply involved with the school system's response to COVID-19 as well as the plan to open a new special education center in Wollaston.

"We're just real fortunate to have you in the district," Gutro said. "I know you'll

do a superb job."

Frank Santoro said he was honored to be able to vote for Perkins' appointment and said he wished that her father, late superintendent Eugene Creedon, was able to see it.

"It is an honor to be able to vote for you tonight. I just wish he was here to see it," Santoro said.

After the vote, Perkins thanked the committee members for their support.

"It's truly an honor to work in Quincy Public Schools. It always has been. I can't imagine myself doing anything else," she said.

"You talked about parents: I do think that our relationship with parents and our relationship with our students and our staff is what makes us an amazing school system. I am proud to do it every day and I will do it for as long as I can."

"I am just blown away, so thank you."

The School Committee will be responsible for con-

firmed the appointment of the new special education director. Mulvey said the position would be posted for 30 days starting on Sept. 17. He will then vet those applicants and forward the names of finalists to a committee that will interview each finalist. The search committee will recommend one candidate to the School Committee.

Andronico, the school board's vice chair, said the superintendent would be providing an overview of other personnel changes within the central office as soon as this week's meeting.

The School Committee on Sept. 16 also confirmed the appointment of Michelle Sheerin as a school nurse. Mulvey said Sheerin's school assignment had yet to be determined, but it would likely be at an elementary school. The district has one other full-time nurse position to fill as well as a part-time one.

Household Hazardous Waste Drop-Off Day Oct. 3

Also Paper Shredding

The Department of Public Works will host the fall Household Hazardous Waste Drop-off Day on Saturday, Oct. 3, in the rear of the DPW at 55 Sea St.

The drop-off event will begin at 8 a.m. and end at 12 noon. The City of Quincy provides this free service to provide residents with the proper disposal of hazardous waste and to protect the environment.

The next hazardous waste drop-off event will be

around June of 2021.

The DPW is informing residents that Covid-19 pandemic guidelines will be strictly enforced at his event.

• Do not exit vehicle. You will be asked to leave.

• Clean Harbors will accept hazardous waste from pick-up beds, trunks and from the back of SUVs.

• Nothing will be accepted from the cab or nothing may be handed to the attendant.

• Clean Harbors will not return any containers.

Also, on this day, Bay State Shredding Services of Quincy, will provide free paper shredding for Quincy residents. Binders, folders, paper clips and staples are acceptable. While there is no charge for this service, participants will be required to provide a MA Driver's License as proof of residency. Please note that shredded paper is no longer recyclable.

The expanded drop-off event will begin at 8 a.m.

and end at 11 a.m. Residents for the shredding service only can jump the line by entering the DPW parking lot between the US Naval Reserve Building and the DPW.

Bay State Shredding is a locally-owned independent business ensuring that your documents are destroyed securely. Residents with household hazardous waste should arrive early as the line often wraps around Sea Street onto Southern Artery.

Some of the eligible items for disposal are oil

based paints, thinners, strippers, oils and varnishes, all household cleaners including drain and plumbing cleaners, automotive fluids including oil and gasoline, chemical fertilizers and insecticides, polishes, ni-cad and lithium batteries, roofing tar, and driveway sealants. For a complete list of materials, both acceptable and unacceptable, visit the Waste and Recycling web page at quincyma.gov.

The DPW accepts Mercury containing items such as thermostats, thermometers, fluorescent light and swirly bulbs year-round, weather permitting, at the DPW guard shack, Monday through Friday 7:30 a.m. to 3 p.m. and on Saturdays through Dec. 5, from 7:30 a.m. to 2:30 p.m.

When gathering products for the Oct. 3th drop-

off event, leave materials in original containers and tighten all caps and lids. Sort and pack items separately in sturdy upright boxes. NEVER MIX CHEMICALS. Pack your car the morning of the event and drive directly to the DPW. Do not smoke while handling hazardous material and do not bring children in the car with you.

Items not accepted at the hazardous materials drop-off day are tires, ammunition, fireworks and explosives, commercial/industrial/biological waste, prescription medicine, radioactive waste and smoke detectors.

For the proper disposal of these materials visit the City's website at quincyma.gov and scroll down to "How can I get rid of..."

New Bus Facility Seen In 2024

Cont'd From Page 1

received by Sept. 29.

Because of the site's proximity to the Town Brook - which flows through a culvert under the site - the project will also go before the Quincy Conservation Commission at a later date.

Scott Hamwey, the director of the MBTA's bus modernization program, provided an overview of the project during Monday's meeting.

Hamwey said the MBTA is leasing the Lowe's property from the site's owner. The MBTA is using the building for storage and its parking lot is available to provide overflow parking as the transit agency repairs the garage at the nearby Quincy Adams station.

The MBTA could purchase the Lowe's site this December or early next year, Hamwey said. The T hopes to finish the design

of the new facility, which is at the 30 percent stage presently, by February 2022 and begin construction later that year. Construction would conclude in mid to late 2024.

The MBTA's latest five-year capital improvement plan included funding to purchase the site and design the new bus facility, Hamwey said, and he is optimistic the T would be able to secure funding to complete the build-out of the new facility.

The T is in the process of modernizing all nine of its bus depots, Hamwey stated. Doing so will allow the MBTA to better maintain its buses, add capacity to its bus fleet, and transition to battery-powered electric buses in the future.

The MBTA has capacity to maintain and store 86 buses at 954 Hancock St., Hamwey said. Only the MBTA's oldest buses can be maintained there, however, because of the building's

height.

"It makes it impossible to store and maintain newer buses at the facility," Hamwey said.

In addition to the Lowe's property, the MBTA considered two other sites in Quincy - 1800 Crown Colony Drive and 465 Centre Street - plus five locations in Braintree where a replacement for the Hancock Street building could be constructed.

Cont'd On Page 14

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\$14 Million Approved For Special Ed Center

Council OKs Bond In 8-1 Vote; Mahoney Dissents

By SCOTT JACKSON

City councillors on Monday approved a \$14 million bond to convert a former Wollaston office building into a new special education learning center.

Councillors approved Mayor Thomas Koch's request to borrow the funds in an 8-1 vote, with Councillor Anne Mahoney dissenting.

The money will allow the city to turn the office building at 178 Old Colony Ave., formerly home to Howard Johnson's candy factory, into a special education learning center that will be dedicated in honor of former school superintendent Richard DeCristofaro. The build out of the facility is expected to take 20 months.

The council in 2019 approved a \$8.5 million bond for the project, which included \$6.8 million to buy the building from Eastern Nazarene College and \$1.7 million for design costs and initial work.

Councillors had been poised to vote on the \$14 million borrowing request two weeks ago, but Mahoney tabled the discussion to seek additional information from Koch on his administration's financial priorities in light of the coronavirus pandemic. Ward 2 Councillor Brad Croall had also expressed concern about the city's financial outlook during the Sept. 9 meeting.

In response, Chris Walker, Koch's chief of staff, sent councillors a two-page memo on Sept. 18. Walker

said any project submitted to the council for review is considered a priority, and the mayor does not rank projects against each other in terms of priority.

"In short, when the Mayor submits an appropriation request, that is the clear indication that the Administration considers the specific project, in this case a learning center for our young people with special educational needs, a priority," Walker wrote.

"We do not, and will not, submit to the Council projects that are not priorities. Whether or not an individual Councillor, or the body as a whole, deems a project a priority is precisely the nature of the legislative process and vote.

"The Mayor also does not ascribe different levels of importance to the capital improvements he submits to the body."

In his memo, Walker said Koch would be submitting a five-year capital improvement plan to the council later this fall. He also highlighted several other projects Koch has identified as priorities: a new Squantum Elementary School, a new animal shelter, a citywide fiber-optic network, a permanent home for Quincy College, a new public safety headquarters, and the purchase of open space and historic preservation lands.

Mahoney said she was disappointed a larger conversation about the financial priorities of the administration would not take place.

Mahoney expressed concern Koch would continue to submit funding requests to the council, because, she said, "he has the votes and he knows he can do it," which could put the city's finances in jeopardy.

"We might be jeopardizing the city and its future," Mahoney said. "I understand the value and the merit of the project; however, my concern was always about COVID and the pandemic, and the fact that we're not doing those due diligences make me very nervous about saying yes to anything. Because it wasn't done for me tonight, I will not be able to support this."

Council President Nina Liang said she disagreed with the implication that her and other councillors were simply doing the mayor's bidding or that they were not taking the pandemic seriously.

"I take offense to any notion that any single one of us...are simply just yes votes coming into this conversation. I do not appreciate that that implies that at some level any of us do not do our homework and due diligence," Liang said.

"I take offense to any notion that this pandemic isn't being taken seriously and that this decision isn't considering the current situation with what is going on."

Ward 4 Councillor Brian Palmucci said Walker's memo was a glib response to the request for additional information and said the administration should do a bet-

ter job of cooperating with councillors going forward. Palmucci said the administration knows when capital items, like fire engines, need to be replaced and suggested that information be compiled into a spreadsheet and made public.

Palmucci added that he supported the \$14 million bond request and that he had done his due diligence on the project.

"I just want to make it emphatically clear that a yes does not mean somebody didn't do their due diligence or doesn't appreciate the COVID-19 pandemic and the potential consequences in the future," Palmucci said.

"I've done that due diligence, I've balanced it and I

believe that moving forward with this project is important enough to do while taking that into account."

Ward 5 Councillor Charles Phelan Jr. said the city has an obligation to the children who would be attending the new school and noted the project will save the city money.

"I think we have a moral responsibility to the kids who need these services. Right now, they are shipped out - they could be going over an hour, and hour and half. We have it within our purview to do something about that and bring those kids into a safe, really good place. To miss this opportunity would be a real mistake," Phelan said.

"On a financial level, this is going to, in the end, save us money. We owe that to the taxpayers."

The special education center is being designed to accommodate students on the autism spectrum, some of whom attend programs located outside the district. The city spends up to \$120,000 per student on transportation and tuition to send those students out of district. City economist Eric Mason has said Quincy could save \$350,000 annually, even after accounting for the costs to staff, operate and maintain the building, by no longer sending those students elsewhere.

Students from other communities might also be allowed to attend school at the learning center, provided their districts pay tuition to do so.

The building will have capacity for up to 300 students total, including preschoolers.

Councillors Honor LaRaia At Meeting

Cont'd From Page 1

from Quincy Point. He obviously held a very significant office here in the city of Quincy in the form of the mayor, but also was a city councillor too," Croall said.

"We certainly want to make sure we recognize him for his service and keep his family and his loved ones in our prayers."

Ward 5 Councillor Charles Phelan Jr. said he was honored to have served alongside Mr. LaRaia on the council in the 1990s.

"Joe always had a good

sense of humor. He might publicly be stern on an issue, but you could talk to him afterwards. I had the honor and the privilege of serving with him on the City Council and I found him to be a great person, a great family man," Phelan said.

"He was a Korean War veteran. He served both his city and his country. I pass my condolences to his family. It is the passing of an era and the passing of a really great man."

Council President Nina Liang said Mr. LaRaia changed the face of the city

while serving as mayor.

"I just want to echo my colleagues' sentiment here. He is someone who is going to continue to have a lasting legacy in this city as somebody who is responsible for the building we now call City Hall today," Liang said. "We're certainly losing a titan - somebody who has really changed the face of this city."

"I just want to thank all of my colleagues. I know all of you are keeping his loved ones and his family members in our thoughts. Thank you for those kind words."

New South Quincy Bus Facility Seen In 2024

Cont'd From Page 13

The MBTA considered several criteria when picking the new location, Hamwey said. The T was looking for a site that was vacant or available for lease or purchase to minimize the legal costs associated with buying the property. The property also had to include 10 or more acres of land; the Lowe's site contains about 13 acres. The MBTA also considered proximity to bus routes and roadway access to the site.

The MBTA is proposing to tear down the Lowe's store and build the bus depot in its place. The remainder of the site would continue to be used as a parking lot.

The building would be 57 feet tall at its highest point, 22 feet taller than Lowe's. The new building would include 351,000 square feet of space, nearly three times the square footage of Lowe's.

The proposed building would have room to service up to 135 buses, all indoors, though Hamwey said it would most likely be limited to 120 buses. Those buses would primarily service routes that originate at the Quincy Center station.

The building would also include office space for the MBTA to use, Hamwey said. The T has not determined which department would relocate there.

There are presently 399 parking spaces on site. The T's proposal would see that number reduced to 235.

The MBTA anticipates the bus hub would have fewer vehicle trips in and out of the site than Lowe's generated. The transit agency anticipates the new building would generate 2,358 trips per day compared to the 3,450 Lowe's saw.

"We don't anticipate this having any significant traf-

fic impacts," Hamwey said.

He also noted the trips would not be made during peak periods. Buses, for example, would leave the site before the start of rush hour and return after rush hour ends.

As part of the project, the MBTA would rebuild the sidewalk along Burgin Parkway and make other pedestrian improvements in the area. The T is also proposing to extend Columbia Street so that it meets Burgin Parkway and installing a traffic signal at the new intersection. That section of Columbia Street would only be open to MBTA vehicles and commercial vehicles accessing two nearby businesses, P.V. Sullivan and Canniff & Sons.

MBTA buses would use either the Columbia Street entrance or one on Penn Street to access the bus facility, depending on traffic.

While the new building is being designed with electric buses in mind, Hamwey said hybrid diesel-electric ones would likely use the building once it opens as the MBTA continues to study the feasibility of transitioning to an all-electric fleet.

Several residents who spoke during Monday's meeting said the T should move quicker to acquire an electric bus fleet, noting that cities with colder climates than Boston, such as Montreal and Oslo, operate electric buses.

"You're doing a disservice to the commonwealth of Massachusetts," said Larry Chretien, the executive director of the Green Energy Consumers Alliance and a former city councillor. "We need to accelerate the acquisition of all-electric buses."

David Reich, the board chair of the Quincy Climate Action Network, said

Quincy residents would be unhappy if the facility were to open with hybrid buses being used.

"Many cities with climates as cold or colder have made," electric buses work, he said.

Hamwey said the MBTA is committed to moving to an all-electric fleet but wants to test the latest technology before making the switch. He said he was wary of overselling the move to an electric fleet to the public as part of the permitting process for the new South Quincy bus depot.

The buses the new facility would serve will be cleaner than the ones serviced on Hancock Street, he added.

"The facility will open with the cleanest buses in the fleet on day one," Hamwey said.

The T is working with

National Grid to determine how it would provide enough electricity to the site to charge buses there. The MBTA also plans to install solar panels on the roof of the new building and could install them on a canopy above the parking lot as well. A battery system to store the solar power could also be included in the plans, depending on how much space it would require.

The site will have five level-one charging stations for employees who park there as well as two level-two charging stations for fleet vehicles. That is in addition to any charging equipment inside the building for the buses.

Hamwey said he is hopeful there would be another community meeting on the project - held either remotely or in-person - later this fall.

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.....
ONLINE COURSES STARTING IN OCTOBER & NOVEMBER

[10 WEEK] OCTOBER 5 - DECEMBER 19

- English Composition I
- First Year Seminar
- General Psychology
- Growth and Development
- Introduction to Computers
- Introduction to Substance Addiction
- Sales Management
- Interpersonal Communication

[5 WEEK] OCTOBER 5 - NOVEMBER 8

- Substance Addiction Counseling
- Medical Ethics
- Principles of Customer Service
- Intercultural Communication

[5 WEEK] NOVEMBER 9 - DECEMBER 13

- English Composition I
- English Composition II
- Substance Addiction and Older Adults
- Medical Terminology
- Organizational Communication
- Principles of Management

QUESTIONS ON HOW TO APPLY & REGISTER? PLEASE CONTACT US!
CALL 617-984-1710 OR EMAIL ADMISSIONS@QUINCYCOLLEGE.EDU



Cub Scout Pack 42 Welcomes K-5 Boys And Girls

Cub Scout Pack 42 welcomes families interested in scouting to join them for a virtual New Families Meeting.

During the meeting, Pack leaders will give an overview of the program and then answer questions. The meetings will be held on Zoom on Wednesday, Sept. 30 at 7 p.m. or Sunday, Oct. 25 at 5 p.m. Email Cubmaster Brian Backman at cubmasterpack42quincy@gmail.com for the Zoom link.

Pack 42 is open to boys and girls in grades K-5. They run a year-round program of activities that help build character, develop physical, mental and moral fitness, and teach children to become leaders and participating citizens of the community.

The Pack's volunteer parent leaders have adjusted the Cub Scouting program to adhere to all state, city and BSA guidelines regarding the COVID-19 pandemic. Meetings and events are held in a combination of virtual and small group formats.

Pack 42 meets monthly, virtually, with the individual dens (broken down by grade level) meeting more frequently. Each month, a hike, service project and activity are offered to the entire group.

A sampling of recent socially distanced Pack events include backyard family camping, online trivia games, a water rocket launch, a neighborhood cleanup and hiking in the Blue Hills. The Pack is planning to reconfigure their traditional events, such as the Pinewood Derby and Blue & Gold Party, to work in small groups.

Membership in the Pack includes an Adventure Card for New England Base Camp, a campground in Milton offering swimming, rock climbing, ice skating, archery, a ropes course and



HA-MY HUYEN decorated a water bottle rocket at a recent Pack 42 Wolf den meeting. Cub Scout Pack 42 is currently welcoming prospective members.



S'MORES ARE STILL a timeless hallmark of camping and Cub Scouting. Pack 42 Cub Scout John Poles perfectly toasted a marshmallow during one of the Pack's summer backyard camping events. Pack 42 is now welcoming boys and girls in K-5 to join the program.

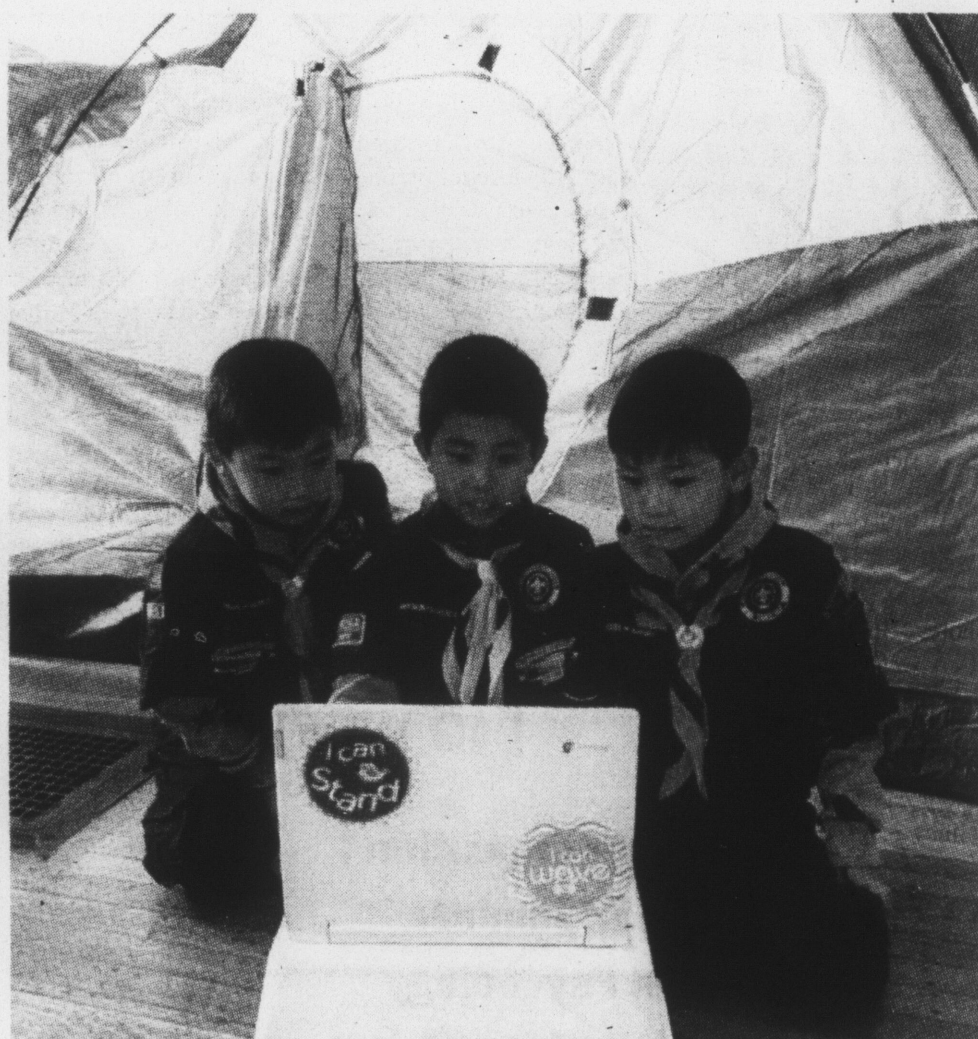
many more indoor and outdoor activities. Register for Pack 42 at <http://bit.ly/join-Pack42>.

For more information, email Cubmaster Brian Backman at cubmasterpack42quincy@gmail.com.



HAZEL McROBERTS, left, builds a birdhouse with assistance from her mom, Tessa, at a den meeting. Woodworking is one of the many activities Cub Scouts take part in. Cub Scout Pack 42 is currently welcoming prospective members.

Courtesy photos



THE LI BROTHERS log in to a Zoom session during one of Cub Scout Pack 42's summer backyard camping events. Pack 42 has adjusted their programs to run virtually and in small groups during the pandemic. They welcome families interested in joining to attend a New Families Meeting on either Sept. 30 or Oct. 25.



SMOKE FROM THE West Coast forest fires has drifted east to this portion of the country; the haze from the smoke has created some blazing red sunsets. This photo was taken by Janet Powell, former senior director of Student Support Services, Quincy Public Schools. Janet is now a resident of Hingham where she took this photo last week. The smoke particles are not having an impact on breathing here in Massachusetts, according to MassAir Online, the state's regularly updated air quality monitoring widget, that shows "good" ratings statewide. Still, NASA has warned that the conditions can "bring hazardous air quality across the country" as noxious aerosols are carried along the jet stream.

COVID-19 And The Norfolk County Real Estate Market

Cont'd From Page 12

companies. In addition to electronic recording, users have also had the option to submit documents via regular mail, Federal Express or placing documents in our drop-off box located just outside our main entrance at 649 High St., Dedham, MA."

Since March 10th when the state of emergency was declared through Sept. 10th, the Norfolk County Registry of Deeds recorded 87,379 land documents, a 14% increase compared to

the same timeframe in 2019. Most of this increase can be attributed to a spike in mortgage recordings. Specifically, 23,607 mortgages were recorded, a significant 57% increase. The total mortgage indebtedness dollar amount of these mortgages was \$10 billion. From March 10th through Sept. 10th, 8,910 properties, residential and commercial, were sold in the county, a 9% decrease year over year. However, the average sales price actually increased 4% to \$833,279. Total sales volume, again

both residential and commercial, for the six-month period was \$4.7 billion.

"These sales figures are actually encouraging considering the economic upheaval in general and specifically the high unemployment rate seen in Massachusetts during the pandemic," O'Donnell said. "Many real estate observers are reporting buyers, particularly millennials, leaving the city for the suburbs. Low interest rates are also a factor in many consider-

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Quincy Choral Society: Creativity In The Midst Of COVID

Celebrating 40 Years Of Music-Making

Under the leadership of Music Director Sarah Labrie, Quincy Choral Society has kicked off its 40th anniversary celebration by offering a fall season of innovation, collaboration, and inclusion.

Through the magic of Zoom, QCS is providing opportunities for singers of all experience levels to work together to learn and grow. Rehearsals began on Sept. 21. They will continue through the fall and early winter on Mondays at 7:30 p.m. in anticipation of a spring 2021 concert featuring Durufle's "Requiem."

Over the course of several weeks, plans call for masterclasses, guest lectures, music-themed games, and traditional, though virtual, rehearsals. All singers are welcome to join remotely. First-time singers should go to <http://www.quincychoral.org/Contact.html> to participate.

Quincy Choral Society has a rich history. In 1981 several Quincy residents dreamt of a choral group based in Quincy but drawing from all of the South Shore. Spearheading this effort were Andy and Nancy Nelson of Quincy. The first rehearsal was held on a stormy Monday evening at First Presbyterian Church in Quincy under the direction of Dr. Robert Brown, a professor at Eastern Nazarene College. Two of those first singers, Martha McMahon and Diane Murphy, continue to sing with the group today.

QCS has had several music directors over its forty year history. John Nichols was designated Music Director in 1988. Before moving to Maine in 2016, Mr. Nichols was involved with the musical life of Greater Boston for more than 35



THROUGH THE ONLINE application of Zoom, QCS is providing opportunities for singers of all experience levels to work together to learn and grow. Rehearsals began on Sept. 21. They will continue through the fall and early winter on Mondays at 7:30 p.m. in anticipation of a spring 2021 concert featuring Durufle's "Requiem." The group photo of the Choral Society shown above was taken before the COVID-19 pandemic.
Photo Courtesy Quincy Choral Society

years as a conductor, composer, arranger, performer, adjudicator, and educator. Joshua W. Rohde was appointed music director in September 2016. Dr. Rohde is currently director of Choral Activities at Worcester Polytechnic Institute, where he conducts all of the university's choral ensembles.

Sarah Labrie was named interim music director in January 2020, and in March 2020 she was officially appointed Quincy Choral Society's seventh music director. A Boston-based conductor, Ms. Labrie is one of the choral directors at Stoughton High School, where she works with four curricular and two extra-curricular choirs.

QCS has had only two accompanists in its 40-year history. Carla Errichiello, an active accompanist and teacher of piano throughout

the South Shore, worked with the chorus for 12 years. Virginia "Gingy" Grimes has served as accompanist for Quincy Choral since 1993. She is also minister of Music at First Parish, Norwell, is pianist for North Quincy and Quincy High Schools, and teaches and accompanies at Milton Academy.

Through the years, the chorus has performed a wide variety of music, including major classical masterpieces, major contemporary works, Broadway show tunes, American spirituals, seasonal pieces, and patriotic music. Performance highlights include *Elijah* by Felix Mendelssohn, performed with renowned baritone Robert Honeysucker; *Ceremony of Carols* by Benjamin Britten; a concert version of the opera *Carmen* by Georges

Bizet; *Carmina Burana* by Carl Orff, which featured the South Shore Children's Chorus, the spiritual "Joshua Fit the Battle of Jericho;" and pieces from musicals by George Gershwin and Andrew Lloyd Webber. Most recently, Quincy Choral Society and members of the Eastern Nazarene College community performed *Messiah* by George Frederic

Handel in conjunction with the 100th anniversary of Eastern Nazarene College in Quincy.

In December 2015, the Quincy City Council recognized Quincy Choral Society for bringing music and joy to the City of Quincy for 35 years. In September 2018, the Chorus participated in the dedication of the Hancock - Adams Common.

Although the pandemic prevented the annual "Pops" concert and silent auction in March and forced the chorus to cancel the remainder of its live performances in 2020, Quincy Choral society plans to bring a lively 40th season to Quincy and beyond.

For additional information, visit quincychoral.org and "Like" us on Facebook.

QATV To Air 'Classic High School Sports'

Due to the COVID-19 pandemic, fall high school sports will have a delayed start, football will begin in the "Fall II" season starting in February 2021. To fill the sports void, Quincy Access Television (QATV) announces "Classic High School Sports" which will air on QATV-8 throughout the fall.

QATV will air classic

football, volleyball and soccer games from Quincy and North Quincy high schools. Monday and Friday nights will be dedicated to football and Wednesday nights will feature girl's volleyball and soccer.

All classic games will begin at 8 p.m. on QATV-Channel 8.

The fall schedule will wrap up with a week of

classic Thanksgiving football games, concluding on Thanksgiving Day with a replay of the 2019 Thanksgiving football game.

For a complete schedule, or to watch classic games on demand, visit www.QATV.org/ClassicSports.

For more information visit www.QATV.org or call 617-376-1440.

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COVID-19 And The Norfolk County Real Estate Market

Cont'd From Page 16

ing buying single family homes. Additionally, many are now working remotely from home and as a result can live farther away from their place of business. A factor in the increased average sales price has been the reduced amount of available housing inventory resulting in this being a seller's market with prospective buyers competing for limited housing stock. Real estate brokers and agents have reported in some cases this intense competition has actually driven real estate sales prices over the original asking price."

"The increase seen in mortgage recordings has been a direct result of historically low interest rates. Many of these mortgages are refinancing existing mortgages to reduce term, lessen monthly payments or pay for a home improvement or higher education expense," stated the Registrar.

During the March 10th through Sept. 10th period, the number of foreclosure

deeds recorded fell 30%. Notice to Foreclose Mortgages, the first step in the foreclosure process, have been curtailed due to a moratorium placed on foreclosures and evictions while the COVID-19 pandemic state of emergency has been ongoing. The Norfolk Registry of Deeds has been working with Attorney General Maura Healey's office in monitoring protections afforded to homeowners affected by the COVID-19 state of emergency through Chapter 65 of the Acts of 2020, Act Providing for a Moratorium on Evictions and Foreclosures. During the COVID-19 Emergency as well as protections put in place by the Coronavirus Aid, Relief, and Economic Security Act, Pub L. 116-136, (the "CARES Act").

"One area that needs special attention once the COVID-19 state of emergency has been lifted," O'Donnell noted, "is foreclosure activity not only in Norfolk County but throughout Massachusetts. As a result of the economic upheaval seen

during the pandemic, many of our neighbors have lost their jobs impacting their ability to pay their monthly mortgage payments."

"As Register of Deeds, I have been proud to partner with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950. These non-profit agencies can help anyone facing challenges with the paying of their mortgage. In addition, the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD), 617-727-8400 can also help. All of these programs are staffed by knowledgeable professionals who provide assistance to those struggling to pay their mortgages."

Homestead recordings fell 9% during the March 10th through September 10th timeframe. "A Homestead," noted O'Donnell, "provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000. I urge

all Norfolk County homeowners to avail themselves of this important consumer protection tool."

Concluding his remarks, O'Donnell said:

"The last six months have been difficult for individuals, families, employers and employees alike. Despite all the hardship, I am proud of my office's efforts to keep the Norfolk County Registry of Deeds open for business. The results of these efforts have been a viable Norfolk County real estate market benefiting sellers and buyers of real estate, lending institutions, the real estate legal community and all others with a vested interest in the local real estate economy. By keeping the Norfolk County Registry of Deeds open, recording fees collected have been forwarded to the state and county helping to pay for important public initiatives including education, health care, and police and fire expenses."

"We are so thankful to our partners in the real estate community and most

importantly the citizens of Norfolk County. Their patience with us has been critical to the Registry of Deeds being able to continue its core mission of recording land documents in a safe and secure environment."

"Unfortunately, we are not done with this pandemic. Please continue to practice social distancing, wear a mask, and take all necessary steps to reduce the spread of the coronavirus. Together, we will get through this. Be healthy. Be safe."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/Norfolk-

Deeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Decorators Should Communicate, Educate And Accommodate

Ask Barbara Graceffa:

'The Secretary Of The Interior'

I'm an interior decorating student and learn a lot from your columns. From your experience, how do you deal with a client with "no taste?" Noreen

Some interior decorators come in, take charge, and tell you everything to do, and some people want that. I'd much rather be the consultative type who works in partnership with you.

Most importantly, our relationship begins with good communication. Together we discuss vision, style, preferences, budget, and timeline.

Many times, the client cannot articulate her vision or may have not fully formed it. Style and preferred colors and materials are usually easier to express. Budget talks can be tricky if the client isn't familiar with costs of labor and materials, while timeline may require some flexibility unless workers are lined up and materials have been ordered. In all these instances, then the decorator steps up to educate the client.

Many believe that a decorator is too expensive yet do not realize that I can actually save you money with my professional discounts, knowledge on where to shop, experience in similar situations, and general tricks of the trade. For example, I'm working with a Quincy client right now sewing window treatments for her dining room. I offered an alternative to fully custom work that would reduce labor charges. She was thrilled to be saving money - who wouldn't?!

To be professional, an interior decorator needs to accommodate her clients - even those with, as you put it, have "no taste." The customer is always correct. I'm currently working with a middle-aged woman who purchased a small condo. She was able to clearly articulate her bohemian style, the furniture and colors she wanted, the need to display her antique clocks, and her very tight budget. Although we agreed to go shopping together for furniture and window treatments, she started buying things online without consulting me. These items were nothing I would have suggested but they fit her tiny budget and SHE LIKED THEM. In the end, that's all that matters.

Working with clients is a balancing act at times. Your idea of "no taste" might simply mean it is different from your taste. Successful decorators listen intently, inspire, educate, at times gently push a client out of their comfort zone (and graciously step back when the suggestion is not taken!) and, above all make sure the client is happy - which brings more word-of-mouth referrals for future clients.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.



Downtown Construction Activities

Proposed work activities for the week of September 20th, 2020



- Work continues at 25 Temple St on Washington St for the new building addition foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Businesses in this area remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project. Contractor continues to backfill between the new foundation walls below the roadway.
- The contractor will begin installing the new drainage infrastructure for the future roadway. The new gas line will be installed in the roadway in the next couple of weeks. The section of sidewalk remains closed along the old buildings face at Hancock St during construction. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue new drainage infrastructure, underground electrical, and underground communication improvements for the General McConville Way project this week. The traffic entering from Walter J Hannon Parkway to Ross Way, should continue to travel north on Ross Way and exit through Cliveden St. A temporary turn around remains at the end of Ross Way adjacent to South Shore Health.

(The photo on the above left is a picture of a new electrical vault structure placed within the new McConville Way roadway for future underground electrical. The photo on the above right is a picture of the new underground electrical conduit for the future primary electrical wires.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodardcurran.com

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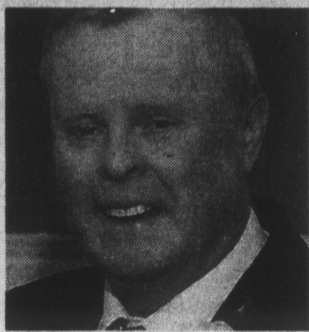
OBITUARIES

William J. Murphy

William J. "Billy" Murphy of Quincy, formerly of Charlestown, died Sept. 19.

Beloved husband of Catherine M. (O'Connor) Murphy. Loving father of Andrea and her husband Michael Keane of Quincy, Sheila and her husband Paul Chamberlain of Weymouth, Shawn and his wife Kate Murphy of Quincy, Maureen and her husband Joseph Narbonne of Quincy, and the late Karin M. Murphy.

Devoted "Papa" of Samantha, Michael, Isabel, and Jonathan Keane, Will, Jake, Marty, and Lue Murphy, and Madison Chamberlain. Brother of Eileen and



WILLIAM J. MURPHY

her husband Edward Landolfi of Brockton, and the late Clare and her husband Paul Kirk, and Mary and her husband William Bell. Survived by several nieces and nephews.

Mr. Murphy was a veteran serving in the U.S. Army. He was a retired mail han-

dler for the U.S. Postal Service for 40 years. Mr. Murphy will be remembered as being very kindhearted, thoughtful, and generous. He was a devoted husband, an amazing dad and grandfather, a real "family man," and a true gentleman. He was also very proud of his "Townie" roots.

Funeral services will be private.

Memorial donations may be made to the Joslin Diabetes Center, 1 Joslin Place, Boston, MA 02215.

Funeral arrangements were made by Murphy & Son Funeral Home, Dorchester.

Other Obituaries On Pages 22-25

Quincy Point Congregational Church

Quincy Point Congregational Church at 444 Washington St. has lots happening this weekend, indoors at home or outdoors at church.

Church School for All will premiere online on Sept. 27 at 9:15 a.m. on the Quincy Point Congregational Church YouTube page. The Church School children and families will receive packets to follow along and interact at home. However, these short approximately 20 minute video segments are really for everyone, so feel free to tune in.

This educational video will be inspired by the Bible Story Basics curriculum by the Abingdon press. Then at 10:15 a.m. online worship will begin.

There will also be out-

door worship on the Abbey Road lawn of QPCC at 10 a.m., weather permitting. Youth group with Angelina DeCristofaro will also meet during worship on this day. Masks must be worn; and social distancing will be practiced at both worship and youth group.

Outdoor worship is limited seating for 25 people on the Abbey Road, side lawn of the church. Reserve your spot at <http://quincypointcongregational.eventbrite.com>. (The Eventbrite reservation links are functional the Monday before worship). The projected dates for October outdoor worship are Oct. 11, 18 and 25.

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV- Chan-

nel 8 or if you have a voice remote or smart TV, simply say, "Quincy Point Congregational Church on YouTube". The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call 617-773-6424 or email at office@quincypointcong.org if you have any concerns or questions

QPCC is looking for 100 subscribers so we can once again post our worship services at 10AM. This is a YouTube requirement, not ours. Help us by going to Quincy Point Congregational Church YouTube page and click on the Subscribe button. It is completely free and no obligation to you, and it would be a really big help! Thank you in advance - your friends at QPCC.

2020 Public Square Rosary Crusade Sponsored By America Needs Fatima

America Needs Fatima will sponsor a Public Square Rosary Saturday, Oct. 10 from noon to 1 p.m. at the corner of Hancock Street and Walter J. Hannon Parkway, Quincy Center.

The public is invited to participate. The local public square rosary will be one of over 20,000 rallies happening around the United States.

"America is at a historic crossroad," organizers said. "God is more offended than

ever as people ignore Our Lady's maternal request to 'stop offending God.'

"As a result, we are suffering from a pandemic, rioting, looting, murder, as well as moral and societal collapse.

"We urgently need God's help and the Blessed Mother's intercession.

"Public prayer is far more powerful than private prayer in appeasing God's anger and to call down His mercy.

And the Holy Mother Church, guided by the Holy Ghost, has always advocated public prayer in times of public tragedy and suffering."

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Paul J. Kobzik

Paul J. Kobzik of Quincy died unexpectedly, Sept. 18.

Born in Stoneham and raised in Medford, Mr. Kobzik graduated from Medford High School. He was a tile setter by trade and owned and operated Cubby Tile for the last 10 years.

Mr. Kobzik loved to spend time at the beach, particularly Nantasket Beach and the beaches of New Hampshire. He was an avid New England sports

fan. He particularly enjoyed spending time with family, specifically his nieces and nephews.

Beloved husband of Patricia M. (Rouillard) Kobzik. Loving son of the late Stanley and Anastasia (Strecha) Kobzik. Brother of John Kobzik and his wife Donna of Windham, NH and Peter Kobzik and his wife Debra of SC. Son-in-law of the late Theodore and June (Cantelli) Rouillard. Brother-in-law

of Debra and her husband George Elder of Quincy and the late Teddy Rouillard. Paul is survived by his nieces, nephews, friends and his purebred chihuahua Oliver.

Visiting hours at Dolan Funeral Home, East Milton Square, Saturday from 10 a.m. to noon.

Funeral service private.

Donations may be made to MSPCA-Angell, 350 South Huntington Ave., Boston, MA 02130.

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2020- 119

The Quincy City Council will hold a Public Hearing, on Monday, October 5th, 2020, at 6:20 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20. The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from Massachusetts Electric Company and Verizon New England Inc. for joint or identical pole locations.

Massachusetts Electric Company request permission to erect and maintain poles and wires to be placed thereon, together with such sustaining and protecting fixtures as said Companies may deem necessary to be owned and used in common by your petitioners, in the following public way or ways.

Babcock St.

Install P1-84 Babcock St. approx. 30ft N of P1. Poie required due to P1 Babcock St. leaning towards house #1 Babcock St.

Wherefore they pray that after due notice and hearing as provided by law, it be granted joint or identical locations for and permission to erect and maintain poles and wires, together with such sustaining and protecting fixtures as they may find necessary, said poles to be erected substantially in accordance with the plan filed herewith marked:

Massachusetts Electric Company

Plan No. 29570063 Dated: 02/27/2020

Your petitioners agree to reserve space for one crossarm at a suitable point on each of said poles for the fire, police, telephone and telegraph signal wires belonging to the municipality and used by it exclusively for municipal purposes.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on October 5, 2020 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy.

Nicole L. Crispo
Clerk of the Council

9/24/20

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2020- 120

The Quincy City Council will hold a Public Hearing, on Monday, October 5th, 2020, at 6:25 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20. The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from Massachusetts Electric Company and Verizon New England Inc. for joint or identical pole locations.

Massachusetts Electric Company request permission to erect and maintain poles and wires to be placed thereon, together with such sustaining and protecting fixtures as said Companies may deem necessary to be owned and used in common by your petitioners, in the following public way or ways.

Centre St.

Install 4-4" conduits form MH180 to property line of 480 Centre St. approx. 55ft. New conduit required to provide electric services to 480 Centre St.

Wherefore they pray that after due notice and hearing as provided by law, it be granted joint or identical locations for and permission to erect and maintain poles and wires, together with such sustaining and protecting fixtures as they may find necessary, said poles to be erected substantially in accordance with the plan filed herewith marked:

Massachusetts Electric Company

Plan No 29731890 Dated: 06/29/2020

Your petitioners agree to reserve space for one crossarm at a suitable point on each of said poles for the fire, police, telephone and telegraph signal wires belonging to the municipality and used by it exclusively for municipal purposes.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

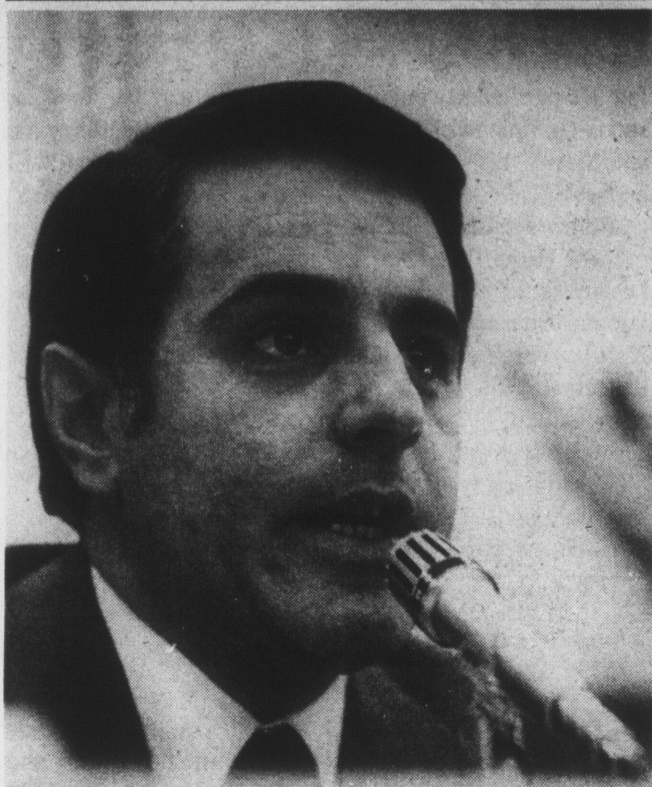
Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on October 5, 2020 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy.

Nicole L. Crispo
Clerk of the Council

9/24/20

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JOSEPH J. LARAIA delivers his inaugural address moments after being sworn in as the 28th mayor of Quincy Jan. 5, 1976 in the gym of the Quincy Vo-Tech School. In his address, Mayor LaRaia declared 1976 as "the year of the people."

Quincy Sun File Photo



ONE OF THE hallmarks of Mayor Joseph J. LaRaia's administration was the multi-million dollar renovation and addition to North Quincy High School. Here Mayor LaRaia (center) signs a contract for the \$10,981,000 project. With him from left to right: Richard Evans of Blount Brothers Construction Co., the contractor; Assistant City Solicitor Robert Fleming, City Councillor Dennis Harrington, School Committee Vice Chairman John Sullivan, School Supt. Lawrence Creedon and Fire Chief Edward Barry.

Quincy Sun Photo/Jack Tolson

Joseph LaRaia – 'The People's Mayor' – Passes Away At Age 88

Cont'd From Page 1

City of Quincy's 28th mayor on Jan. 5, 1976. Mayor LaRaia was known by all his supporters as "The People's Mayor". He worked hard for the wonderful citizens of Quincy and he took pride in everything he did. Mr. LaRaia lost his reelection bid, but later went on to the city council as a councillor at-large in 1979, serving four terms. Following two unsuccessful bids for mayor in 1987 and 1989, he returned to the city council, appointed in 1993 to a vacant seat which he went on to win, before resigning to accept a position as a city assessor. Mr. LaRaia held elective office for 22 years in the city that he loved. His political career and service to the city spanned four decades from the 1960s to 1990s.

Mayor Thomas Koch called Mr. LaRaia "a fighter, a tenacious worker, and without question something of a maverick who cared very deeply about Quincy."

"We're a better city today for his service as mayor, city councillor and assessor. I was just growing up during that time in the 70s and early 80s, and he was among a group of Quincy political giants who were always part of the conversation – Hannon, McIntyre, McCauley, Tobin, LaRaia. It was an incredibly interesting time in our history, and Mayor LaRaia was a big part of it," Koch said.

Mayor LaRaia's proudest accomplishments involved initiating the construction of the modern glass City Hall, the North Quincy High School addition, the Ruth Gordon Amphitheater in Merrymount Park, and most of all, taking pride in serving the people of Quincy.

Mr. LaRaia published his political autobiography, "A City Under The Influence",

in 1979. He was invited to lecture numerous times at Northeastern University government studies.

In his book Quincy, Massachusetts: A Political History 1889 to 2000, former mayor Francis McCauley said LaRaia left an important legacy to the city of Quincy after serving as its mayor for two years, namely the modern city hall addition. Although the addition was actually constructed after he left the mayor's office, McCauley noted LaRaia's insistence on using a \$2.4 million federal grant for the glass city hall annex building rather than use it for miscellaneous neighborhood projects ensured that the much needed addition would become a reality.

He was a licensed real estate broker for 35 years. He was a franchise owner of Realty World and later

Cont'd On Page 21



MAYOR JOSEPH LARAIA (left) and his wife, Louise, are all smiles as they greet well wishers at the mayor's inaugural reception at State Street South following Mr. LaRaia's swearing in ceremony as Quincy's 28th mayor on Jan. 5, 1976. He had defeated incumbent Mayor Walter Hannon in a mayoral recount. The final vote tally was 17,231 votes for LaRaia, 16,748 for Hannon - a margin of 483 votes.

Quincy Sun File Photo



MAIDEN SPEECH – Mayor Joseph J. LaRaia delivers his inaugural address Monday, Jan. 5, 1976 before some 1,000 people in the gym of the Quincy Vo-Tech School. The city's 28th mayor is flanked by members of the City Council while the School Committee is seated at the table in front of him.

Quincy Sun File Photo



ANOTHER INITIATIVE of Mayor Joseph LaRaia came to fruition Nov. 10, 1984 when the city dedicated the Ruth Gordon Amphitheatre in Merrymount in honor of a favorite sister of Quincy and Academy Award winning actress shown here waving to the crowd. With her is Louise LaRaia, wife of the former mayor who proposed the amphitheater. It was Ruth Gordon Day, and sadly, her final visit home. She died in 1985.

Quincy Sun photo/Linda Jarvis



MORE PHOTOS from the Mayor Joseph LaRaia administration 1976-77. Here Mayor LaRaia (left) tells the Quincy Licensing Board that he supports the move to close Quincy Point bars earlier than 2 a.m. at a City Hall hearing in January, 1976. Board members (left to right) are City Clerk John Gillis, Police Chief Francis Finn, Health Commissioner Dr. Samuel Solomon, Fire Chief Edward Barry and Building Inspector Allan MacDonald.



MAYOR JOSEPH LaRAIA gets his shot of swine flu vaccine from Health Commissioner Dr. Samuel Solomon in October of 1976 as the city began its program of mass vaccination against expected outbreak of the flu. Here the mayor demonstrates his faith in the vaccine.

Joseph LaRaia – ‘The People’s Mayor’ – Passes Away At Age 88

Cont'd From Page 20

went on to own Coddington Realty.

He loved Frank Sinatra, Tony Bennett, and big band music; he was an avid Patriots fan; he took pride in the Summerfest series which ran for two decades; and most of all, he was fully devoted to his family, especially his grandchildren, actively supporting their many activities and accomplishments.

Beloved husband for 58 years of Louise M. (Salvag-

gi) LaRaia.

Devoted father of Joseph A. LaRaia and his wife Debra of Plymouth, Lisa M. Stevens and her husband Mark of Braintree, and Robyn E. LaRaia of Weymouth.

Loving grandfather of Justin and Jessica Stevens, Ava LaRaia and Aiden LaRaia.

Dear brother of Robert LaRaia and his wife Terri of Hull, William LaRaia, Q.F.D., Ret. and his wife Diane of Quincy. Dear brother-in-law of Jean and Kenneth

Luoni of Weymouth, Denise and Robert Lord of Quincy. He is also survived by several nieces and nephews.

Interment, with military honors, was in Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to VNA Hospice & Palliative Care, 199 Rosewood Drive, Suite 180, Danvers, MA 01923.



WELCOME WAGON greeted Mayor Joseph LaRaia when he moved into City Hall in January, 1976 as the city's 28th mayor. Presenting him with a traditional basket of goodies are (left to right) Mrs. Pat Furlan, Mrs. Fran Elfbaum, Welcome Wagon field manager, and Mrs. Barbara Dorney.



SEASCAPE – Joseph McDonald (left), commander of the Quincy Veterans Council, and Lawrence Perette, chairman of the veterans' awards committee, present Mayor Joseph LaRaia with original seascape painted by Ed Harrigan of Rockland. Mr. LaRaia, a U.S. Army veteran of the Korean conflict, was a member of the Morrisette American Legion Post in Quincy.



MUSCULAR DYSTROPHY PROCLAMATION – Mayor Joseph LaRaia proclaims March 8-12, 1976 as Muscular Dystrophy Week in Quincy. Looking on are (from left): Ronald Pucillo, promotions coordinator of the Quincy Center Business and Professional Association; Christopher Butler of Wollaston Youth League; Bernard Reisberg, president of the QCBA; James Mosillo, poster child for Muscular Dystrophy; and John Kelley, representing Wonder Bowl. Youngsters held a bowl-a-thon to benefit MDA.

Photo Courtesy Miller Studio



MINI-COMPUTER designed to handle city payrolls, listings and other time-consuming chores involving numbers is placed into service in the auditor's office in December 1976. Mrs. Louis Snaith, senior operator, is at the keyboard while City Auditor Charles Shea (left) and Mayor Joseph LaRaia look on.

Quincy Sun File Photo

OBITUARIES

James J. Lynch, 87

James J. Lynch, age 87, of Braintree, died peacefully Sept. 15 at Boston Medical Center, surrounded by his loving family.

Mr. Lynch was born in Somerville, to the late James J. and Mary E. (McNamee) Lynch. He was raised in Charlestown. Mr. Lynch lived in Braintree for the past fourteen years, previously in Quincy for many years, and earlier in Milton and Dorchester.

He graduated from Mission Church High School in 1950. He played basketball and baseball in high school and earned a college scholarship to play basketball but could not accept the scholarship as he had to work to help support his family.

After losing his father at a young age, Mr. Lynch inherited his union card and began his career as a longshoreman in the 1950s. He then pursued his education at night, earning a Bachelor of Arts degree from Boston College and later a Master's degree from Boston State College. Mr. Lynch was a special education teacher in the Quincy Public Schools for many years. He retired in 1995 after teaching at North Quincy High School for twenty-five years.

Mr. Lynch was an active member of the First Congregational Church of Brain-



JAMES J. LYNCH

tree. He loved to read and was an avid writer, having two books published - The Hook and the Badge, which is a mystery novel, and The Longshoremen, which is historical fiction based upon Mr. Lynch's real life experience as a longshoreman on the Boston waterfront. At the time of his passing, Mr. Lynch was working on a third book - a non-fiction history of the Boston waterfront. He also enjoyed traveling.

Mr. Lynch loved sports. He was proud to have attended the first Boston Celtics game in 1946 as a ball boy at the old Boston Arena. He was also a basketball referee officiating high school basketball games in the Boston area for many years. He volunteered as a basketball coach at The Woodward School in Quincy. He was an avid volleyball player alongside fellow seniors at the Quincy Council

on Aging.

Beloved husband of Kristin N. Johnson.

Mr. Lynch was married to the late Margaret A. Lynch and they were the parents of seven children. Loving father of James Lynch and his partner Anne Hart of Milton, John Lynch and his wife Anne Marie of Franklin, Christopher Lynch of Holbrook, Matthew Lynch and his wife Sharon Brown of North Falmouth, Susan Benslimane and her husband Bens of South Orange, N.J., Richard Lynch of Braintree, and the late Dennis Brian Lynch.

Loving grandfather of twelve grandchildren and great-grandfather of five great-grandchildren.

Dear brother of Ann French and her husband Joseph of Norwood, the late Barbara McCarthy and her late husband Joseph. Jim is also survived by several nieces and nephews.

At the request of the family, funeral services were private.

Memorial donations may be made to First Congregational Church of Braintree, 12 Elm St., Braintree, MA 02184 or to the charity of your choice.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy.

Mary A. Bozoian, 100

Mary A. (Finn) Bozoian, 100, of Avon, died peacefully at home on September 10, 2020.

Born in Boston, she was the daughter of the late John and Margaret (Cahill) Finn. She was a guidance counselor for Quincy Public Schools for 19 years until retirement.

Devoted to her faith, Mrs. Bozoian was a communicant of St. Michael Church in Avon for many years. She had a great love for indoor gardening and was an active member of both The Gesneriad Society and its New England Chapter. She was also a member of the Salem State Alumni Association.

Mrs. Bozoian lived her life fully and made many



MARY A. BOZOIAN

dear friends along the way. She will be greatly missed.

She was the wife of the late Kacher Merton Bozoian; beloved mother of Paula M. Bozoian of Avon and Paul M. Bozoian and his partner Suzanna Roberts of Berlin; loving grandmother of Thomas M. Hazel and

his wife Emma Leonard of New York City, and Anne Hazel of Canton; great-grandmother of Cole Hazel; sister of Margaret Clifford of Ohio, and the late Robert, Richard, Leonard, William and Joan Finn, and Helen Giordano; and an aunt of many nieces and nephews.

Respectfully, services are private.

Memorial donations may be made to St. Michael Church, 87 N. Main St., Avon, MA 02322; The Gesneriad Society gesneriad.society.org (NE Chapter netsg.org); or Salem State salemstate.edu/alumni.

Funeral arrangements were made by Waitt Funeral Home, Brockton.

Margaret E. Doyle, 80

Margaret E. "Peggy" Doyle, age 80, a lifelong resident of Quincy, died peacefully Sept. 19 at the Pat Roche Hospice Home in Hingham.

Ms. Doyle was born in Dorchester, to the late Edward and Mary (Flaherty) Doyle. Raised and educated in Quincy, she was a graduate of North Quincy High School, Class of 1957.

She worked in the accounting department at the former New England Telephone Company in Quincy and Boston for thirty-four years.

Ms. Doyle enjoyed bowling and knitting and loved to explore and learn, whether



MARGARET E. DOYLE

she was traveling to China, India, Antarctica or South America - to name a few places - or reading countless fiction and non-fiction books. She loved to tell her stories of traveling around the world and inspired the next genera-

tion to take off globetrotting as well. Her love of the written word was also shared as she matched up thousands of books with those she thought would enjoy them. Ms. Doyle also volunteered in the Children's Room at the Thomas Crane Public Library in Quincy for many years.

She was famous for her love of games and all things fun as well. Even the youngest of her relatives remember her being the first one sitting on the rug, gathering everyone in for a new board game with an infectious enthusiasm that was ageless. That joy, and Ms. Doyle's wacky and hilarious gifts that helped define the holidays, will be remembered.

Devoted sister of Edward C. Doyle and his late wife Joan of Braintree, Barbara Leggett of Quincy and her late husband Robert, Kathleen Roskott of Weymouth and her late husband Bernie, and predeceased by Mary O'Brien and her surviving husband Joseph of Quincy, James J. Doyle and his late wife Shirley, and Michael R. Doyle.

Ms. Doyle is also survived by many loving nieces and nephews, great-nieces and great-nephews, and her dear friend, Ellen O'Brien.

A funeral Mass will be celebrated in Saint Joseph's Church, Quincy, on Thursday, at 10 a.m. Relatives and friends are invited to attend. At the request of the family, visiting hours have been omitted. Services are operating in accordance with current guidelines.

Memorial donations may be made to the charity of your choice.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.



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KAROLYN JAY BREGOLI
30th Anniversary
September 24th
1990 - 2020



It seems such a short time ago when Chris and Patrick were small. We were a family and everything seemed so right. Then you were taken from us and our lives changed forever. But, both of your sons have since blessed us with two beautiful grandchildren. Mason looks just like Chris and Eden just like Pat. You would cherish them, just as you did our sons. It makes us so sad you are not here to share the joy they have brought. We miss and love you!

Paul, Chris, Pat,
Mason & Eden

You are forever in our hearts

*In Loving Memory
of*

Beverly J. Ayers



March 5, 1934 - September 24, 2009

*As time goes by,
we miss you more.
Your loving smile,
your gentle face,
No one can take
your vacant place.*

In loving memory

Family and Friends



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W. Craig DORCHESTER, MA 02124
Paul F. (617) 298-8011
Frederick J.
Courtney 460 GRANITE AVENUE
MILTON, MA 02186
(617) 698-6264

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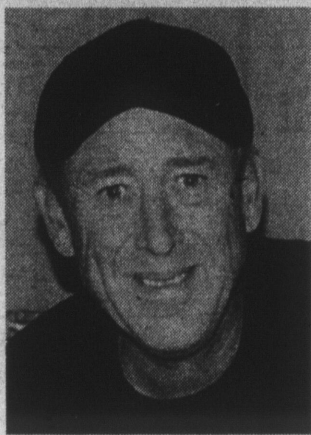
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Richard A. Cairns, 65

Richard A. Cairns, age 65, of Carver, died peacefully Sept. 12.

Mr. Cairns was born in Chelsea, to the late John L. and Marjorie J. (Decelle) Cairns. Raised and educated in Quincy, he was a graduate of Quincy High School. He lived in Carver, previously in Boston, but most of his life in Quincy.

Mr. Cairns had many jobs throughout his life. He worked as a cook at the former Morey Pearl's Restaurant in Quincy and as a candy handler at the former Howard Johnson's candy



RICHARD A. CAIRNS

factory in Wollaston, and later as a landscaper.

He is survived by his sister, Juliann Cairns Pywell,

her husband Jeffrey Pywell and their son, John M. Pywell of Newbury Park, CA. He was predeceased by his sister, Catherine M. Panarello, and brother, John L. Cairns, Jr. Mr. Cairns is also survived by many cousins.

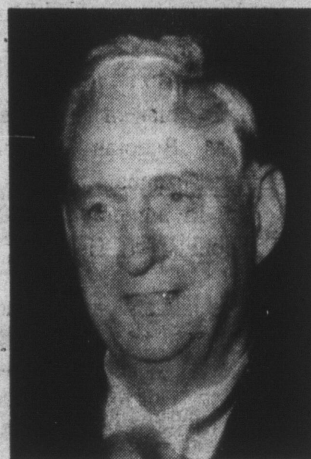
Memorial donations may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy.

Robert Brown, 92

Robert Brown of Middleboro, formerly of Randolph, Quincy, and Dorchester, died Sept. 16 at the age of 92 of natural causes.

He was the son of the late Ernest and Anna Brown of Quincy, and was predeceased by his sister Ruth Sewell. He is survived by his wife of what would have been 70 years this November, Norma (McGee) Brown, two sons: Gary and his wife Ardith of Assonet, and Kip and his wife Candace of Milton, and his nephew Ronnie Sewell of Tyngsboro. Bob leaves behind four grandchildren: Brian Brown and his wife Jennifer of San Diego, Heather Deary and her husband Justin of Uxbridge, Camden Brown of Milton,



ROBERT BROWN

and Madison Brown of New York City; and three great-grandchildren: Abby, Micah and Max Deary of Uxbridge.

Mr. Brown was a proud Navy veteran, joining the service at the age of 17 in 1945. He was a 69-year member of the Local 103 Electrical

Union, and his long career included serving as general foreman of electricians for the construction of Boston's Prudential Building and the Faulkner Hospital addition in Jamaica Plain.

Mr. Brown was a skilled bridge player, adept gambler, avid golfer, and long-time member of Foxboro Country Club. In his later years, he enjoyed playing with his long-time golf buddies at Little Harbor in Wareham.

A private graveside service will be held on a later date.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by O'Neill Funeral Home, Middleboro.

Philip Donahue, 97

A funeral service for Philip Donahue, 97, of Weymouth was held Monday in Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Mr. Donahue died Sept. 15 at CareOne Weymouth following a period of declining health. He was the husband of the late Fredda E. (Wicks).

Born in Milton, he was the son of the late Edward F. and Helen (McHugh) Donahue, and made his career as a civil engineer. During WWII, Mr. Donahue served his country with honor in the U.S. Navy and was discharged with the rank of motor machinist's mate, 3rd



PHILIP DONAHUE

class, in October 1945.

Mr. Donahue was a long-time, active supporter of St. Coletta's Day School in Hingham, leading many fundraising efforts and annual golf tournaments over the years. He was also a member of South Shore Country Club and VFW.

Father of Peter D. Do-

nahue and his wife Gail of Nashua NH, Timothy P. Donahue and Kelli Donahue, both of N. Weymouth. Grandfather of the late Patrick Donahue, and brother of the late Elizabeth Fleigel and the late Hugh, Edward and John Donahue. Also survived by many nieces and nephews including Bernadette Parsloe and her husband Bill of Walpole.

Interment with military honors at Massachusetts National Cemetery, Bourne.

Memorial donations may be made to Road to Responsibility, 1831 Ocean St., Marshfield, MA 02050 or to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452.

Mary E. Dilworth, 88

Mary E. (Lynch) Dilworth, age 88, of Quincy, died peacefully Sept. 19 at Hebrew Rehabilitation Center in Roslindale.

She was born in Boston, to the late Warren H. and Margaret B.G. (O'Leary) Lynch. Mrs. Dilworth was raised and educated in Dorchester and was a graduate of Cathedral High School. She had lived in Quincy for over forty years, previously in Dorchester.

Mrs. Dilworth was employed as a clerk for the former New England Telephone Company for over twenty-five years and was a member of IBEW Local 2222. She was also a member of the New England Telephone Pioneers.

Mrs. Dilworth was devoted to her family and especially enjoyed supporting the activities and accomplishments of her grandchildren.



MARY E. DILWORTH

Beloved wife of the late William P. Dilworth, Boston Fire Department, Retired. Devoted mother of James M. Dilworth and his wife Lisa of East Bridgewater, Mary E. Dilworth of Quincy, Timothy P. Dilworth and his wife Gail of Weymouth, Daniel J. Dilworth and his wife Karen of Weymouth, Edward J. Dilworth and his wife Maryanne of Quincy, and the late William P. Dilworth, Jr. and his surviving

wife Nancy of Connecticut. Loving grandmother of nine and great-grandmother of one. Mary was predeceased by her brothers, John F. Lynch and Warren J. Lynch.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Thursday from 4 to 6 p.m. Relatives and friends are invited to attend.

A funeral Mass will be celebrated in Saint John the Baptist Church, Quincy, on Friday at 10 a.m.

Interment at Blue Hill Cemetery, Braintree.

Services are operating in accordance with current guidelines.

Memorial donation may be made to Hebrew SeniorLife, Development Department, 1200 Centre St., Boston, MA 02131 or Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301.

Virginia E. Lewis



VIRGINIA E. LEWIS

A funeral Mass for Virginia E. (Hunt) Lewis of Quincy was celebrated Wednesday in St. Mary's Church, Quincy.

Mrs. Lewis died Sept. 18.

She adored her family and was a dedicated caretaker to her son Peter. Mrs. Lewis enjoyed seeing her granddaughters' accomplishments, most recently Melissa's wedding to Patrick.

She graduated from Our Lady of the Elms College in 1954 with a bachelor's degree in mathematics and was still an active alumni, attending the reunions and events when she was able. Mrs. Lewis worked for Hamilton Standard, a subsidiary of Pratt & Whitney, in Connecticut as a mathematician and then as an aeronautical engineer helping to design propellers.

Mrs. Lewis was an active parishioner of St. Mary's Church in Quincy and enjoyed crocheting, sudoku to keep her mind sharp, and took pride in maintaining her property. Mrs. Lewis was a true giver, always putting others before herself, and will be greatly missed by all of those who knew and loved her.

Daughter of the late Nicholas and Thelma Hunt.

Beloved wife of 61 years to Chesley Lewis of Quincy. Devoted mother of John Lewis and his wife Philomena and Peter Lewis, all of Quincy. Loving sister of Mary Keenan and her late husband M. James of Wethersfield, CT. Cherished grandmother of Melissa Kelly and her husband Patrick and Carolyn Lewis and her fiancé Stephen Delorey, all of Quincy. Also survived by many nieces and nephews.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to WORK Inc., Attn: Susan Buckley, 25 Beach St., Dorchester, MA 02122.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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OBITUARIES

Jeanne M. McLaughlin, 60

A Mass of Christian Burial for Jeanne M. McLaughlin, age 60, of Saco, Maine, formerly of Quincy, was celebrated Sept. 17 in St. Agatha Church, Milton.

Ms. McLaughlin died Sept. 12.

She was born in Boston to the late John F. McLaughlin and Barbara J. McLaughlin. Growing up in Squantum, Ms. McLaughlin never lost her love for living near the ocean. She greatly enjoyed gardening, cooking, and spending time with her beloved dogs. An avid



JEAN M. McLAUGHLIN

animal lover, it was fitting that the work she was doing as part of a team at IDEXX

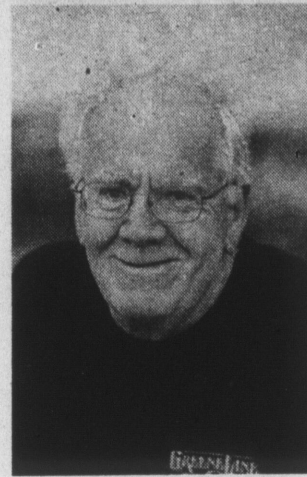
contributed to the health and well-being of millions of dogs and cats.

Survived by daughter, Cassie Petersen, and siblings, Joan McLaughlin, Paul McLaughlin, and John McLaughlin Jr. Also survived by nieces and nephews, Paul, Michael, Ava, and Jessie, grandson, Riley, and her most loved dogs, Ollie and Penny.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Dolan Funeral Home, Milton.

Michael Greene



MICHAEL GREENE

Mr. Greene was a longtime member of the South Shore Camera Club and a past grand knight for the North Quincy Knights of Columbus.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

NOTICE OF PUBLIC HEARING

Case ZBA 20-59

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of **CATHERINE & MARTIN LYNCH** for a **VARIANCE/FINDING** to demolish the existing front porch and rebuild a wider and slightly high front porch in violation of Title 17 as amended Chapter 4.1 (dimensional requirements) on the premises numbered **50 HOBOMACK ROAD, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals

Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-61

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of **OLD COLONY DEVELOPMENT EQUITY PARTNERS, LLC** for a **SPECIAL PERMIT/VARIANCE** to raze and remove existing structures and construct a new five (5) story, forty (40) unit, multifamily residential building with garage parking for seventy (70) vehicles under the building in violation of Title 17 as amended Chapter 4.0 (dimensional requirements), Chapter 3.0 (use regulations/use variance), and Chapter 5.1 (parking regulations) on the premises numbered **129 & 135 OLD COLONY AVENUE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals

Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-45

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of **TOMMY & THUY LEUNG** for a **VARIANCE/FINDING** to construct an access ramp to the building to meet ADA access requirements in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements), Chapter 5.1.4 (parking setback), and Chapter 5.1.7 (parking space requirements) on the premises numbered **799 HANCOCK STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals

Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-47

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of **NEW CINGULAR WIRELESS PCS, LLC (ATT&T)** for a **SPECIAL PERMIT** for a wireless communications facility consisting of the collection of 6 panel antennas (2 per sector) on ballast mounts with associated equipment in violation of Title 17 as amended Chapter 6.6 (wireless), Chapter 9.4 (special permit), and Chapter 3.0 Appendix A (use regulations) on the premises numbered **3 DORCHESTER STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals

Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdNnMQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

More obituaries & news
online at
www.TheQuincySun.com

PUBLIC NOTICE

PUBLIC NOTICE OF SMALL CELL FACILITY PETITION

"Notice is hereby given in accordance with Quincy Zoning Ordinance 13.12.110, Installation of Small Cell Facilities, that ExteNet Systems, Inc. has made Small Cell Application with Quincy ISD for permission to install small cell facilities on a utility pole in the public Right of Way at the following location:

Pole #28 adjacent to 71 North Central Ave., Quincy, MA

A copy of the petition noticed above can be reviewed at the Quincy Inspectional Services Office at 55 Sea St., Quincy, MA 02169."

9/24/20

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Darcy's Village Pub, Inc., aka Common Market Restaurant Group, John McDonald, Manager, for an alteration of the licensed premises to include an additional 1500 sq. ft. of outside dining and patio space. The new space will be fenced in and include umbrella and tented areas adjacent to the existing indoor restaurant. In accordance of the provisions of MGL Chapter 30A, Section 20, and in accordance with Governor Charles Baker's March 12, 2020 Order suspending provisions of the Open Meeting Law to promote public health and social distancing, the Quincy Board of License Commissioners will hold a remote public hearing at 4:00 p.m. on **Tuesday, October 6, 2020** using Zoom Video Communication.

Nicole L. Crispo
Chair

9/24/20

NOTICES OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

In Accordance with the provisions of MGL CH. 131, SEC. 40, The Wetlands Protection Act and The Quincy Wetlands Protection Ordinance, The Quincy Conservation Commission will hold a public hearing on Wednesday October 7, 2020 @ 5:30 PM to consider a Notice of Intent filed by: **Lam Nguyen** to: **Modify on-site wetland and construct 3 unit structure on land subject to coastal storm flowage**

At: 703 Sea Street

Plans and specifications can be reviewed online by logging on to the City's View Permit <https://quincyma.viewpointcloud.com/>

ZOOM Video Communication link for this meeting:

Join Zoom Meeting

<https://zoom.us/j/99455853703?pwd=NSswNk9RVXh4aDF3bjQ4enI1ZG83UT09>

Meeting ID: 994 5585 3703

Passcode: Quincy

Dial by phone +1 646 558 8656

Meeting ID 994 5585 3703

Password: 707261

Find your local number: <https://zoom.us/j/99455853703?pwd=NSswNk9RVXh4aDF3bjQ4enI1ZG83UT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1485 for further assistance.

9/24/20

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Augustus J. Palaza, Sr., 69

Augustus J. "Gus" Palaza, Sr., age 69, a lifelong Quincy resident, died peacefully Sept. 19 at Southeast Rehabilitation & Skilled Care Center in Easton, in the comfort of his loving family.

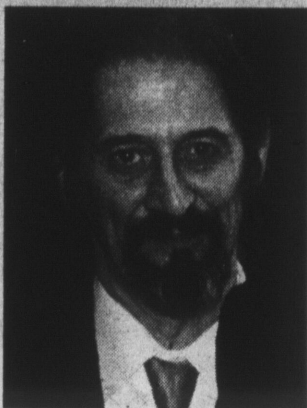
He was born in Roxbury, to the late Augustus V. and Anna (Marinello) Palaza. Raised and educated in Quincy, he was a graduate of Quincy High School.

Mr. Palaza served in the United States Army during the Vietnam era.

He worked as a carpenter throughout his life, but was also a skilled mechanic. He was especially talented at working on motorcycles. Mr. Palaza enjoyed hunting, fishing, and riding his motorcycle.

Beloved husband of the late Judith A. (Zambruno) Palaza. Devoted father of Augustus J. "Butch" Palaza, Jr. and his wife Erica of Chantilly, Virginia. Loving grandfather of Max and Elena. Dear brother of Agatha Padula of Braintree and the late Richard Palaza. Gus is also survived by many nieces and nephews.

A funeral Mass will be celebrated at Divine Mercy Parish in Saint Mary's Church, Quincy, on Saturday at 10 a.m. Interment, with military honors, to



AUGUSTUS PALAZA, Sr.

follow at Mount Wollaston Cemetery. Relatives and friends are invited to attend. Services are operating in accordance with current guidelines.

Memorial donations may be made to Saint Mary's Church, c/o 757 Hancock St., Quincy, MA 02170.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P2072EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Patricia McIver
Date of Death:
May 25, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Arthur P. McIver, Jr. of Quincy, MA, a Will has been admitted to informal probate.

Arthur P. McIver, Jr. of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

9/24/20

LEGAL NOTICE

CITATION ON PETITION TO MODIFY BOND

G.L.C 190B, §3-604
Docket No. NQ14P1911PM
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
In the matter of:
Doris O'Brien

To all interested persons:
A Petition has been filed by: David Zwicker of Bridgewater, MA

requesting that the Court enter a Decree and Order modifying the bond of the Personal Representative and for any other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 A.M. on 10/21/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 14, 2020
PATRICK W. McDERMOTT
Register of Probate

9/24/20

LEGAL NOTICE

NOTICE OF TIER CLASSIFICATION

PARKING LOT
95 PARKINGWAY, QUINCY
3-0035903

A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000. To evaluate the release, a Phase I Initial Site Investigation was performed pursuant to 310 CMR 40.0480. The site has been classified as TIER II pursuant to 310 CMR 40.0500. On October 1, 2020, the City of Quincy will file a TIER II Classification Submittal with the Department of Environmental Protection (MassDEP). To obtain more information on this disposal site, please contact Mr. Robert Stevens, Deputy Planning Director City of Quincy, 34 Coddington Street, 3rd Floor, 617-376-1411. The Tier Classification Submittal and the disposal site file can be viewed at MassDEP website using Release Tracking Number (RTN) 3-0035903 at <http://public.dep.state.ma.us/SearchableSites2/Search.aspx> or contact MassDEP, Northeast Regional Office, 978-694-3200. Due to Covid-19 MassDEP Offices are Closed at this time. Additional public involvement opportunities are available under 310 CMR 40.1403(9) and 310 CMR 40.1404.

9/24/20

Gasoline Prices Down One Cent

Massachusetts's average gas price is down one cent from last week (\$2.13), averaging \$2.12 per gallon. Today's price is the same as a month ago, and 49 cents cheaper than Sept. 21 (\$2.61). Massachusetts's average gas price is 6 cents lower than the national average.

"The majority of state

averages have pushed cheaper by a penny or two since last Monday. With the nation entering the fall driving season, which typically sees fewer road trips, a continued drop in demand will likely lead to pump prices continuing to decrease," said Mary Maguire, AAA Northeast Director of Public

and Legislative Affairs.

AAA Northeast's Sept. 21 survey of fuel prices found the current national average to be 1 cent lower than last week (\$2.19), averaging \$2.18 a gallon. Today's national average price is the same as a month ago, and 48 cents cheaper than this day last year (\$2.66).

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2110EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Patrick Paul McGonagle
Date of Death:
June 12, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Josephine Marie McGonagle of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Josephine Marie McGonagle of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/21/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 14, 2020
PATRICK W. McDERMOTT
Register of Probate

9/24/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2081EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Robert James Graham
Date of Death:
June 22, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Jullann Graham of Weymouth, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Jullann Graham of Weymouth, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/14/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 10, 2020
PATRICK W. McDERMOTT
Register of Probate

9/24/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2105EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Marilyn Jane Jacobs
Date of Death:
July 7, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by William Halligan of Huntington Beach, CA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: William Halligan of Huntington Beach, CA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/14/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 11, 2020
PATRICK W. McDERMOTT
Register of Probate

9/24/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P2008EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Kenneth M. Boyce
Date of Death:
June 9, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Michael J. Boyce of Quincy, MA.

Michael J. Boyce of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

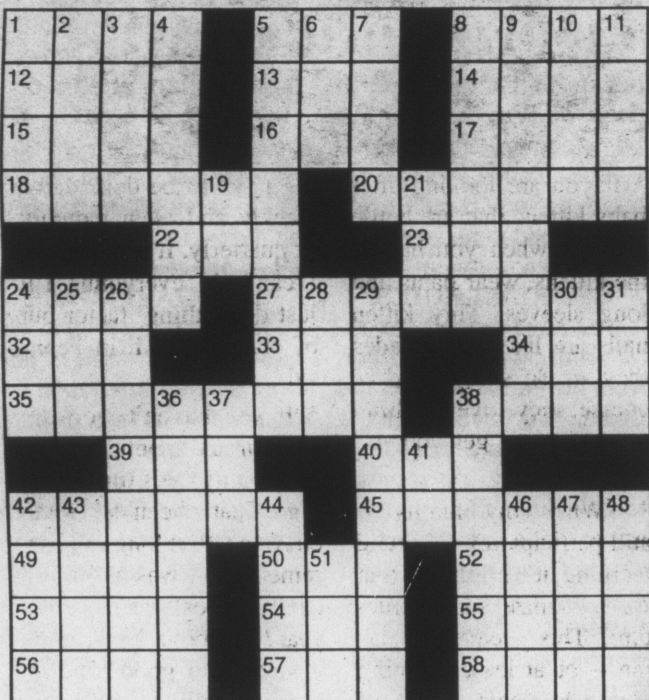
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

9/24/20

SUN FUN PAGES

King Crossword

- ACROSS**
- Waller or Domino
 - "— not choose to run"
 - Stoolie
 - Hardly ruddy
 - Calendar abbr.
 - In due time
 - Noble gas
 - Born
 - Loosen
 - Cowpoke of the pampas
 - Get new actors
 - Car-pool lane abbr.
 - Profit
 - Elevator name
 - Crucial experiment
 - See 12-Across
 - Heavy weight
 - Mainlander's memento
 - Middy party
 - Favorable votes
- DOWN**
- Vampire tooth
 - Cruising
 - Grand
 - Harmonizes
 - Start something new
 - Buck's mate
 - Finished
 - Tap
 - From birth
 - Affirmative
- 39 Raw rock actions**
- Entanglement
 - Word after
 - heave or gung
 - Finish
 - Night flyer
 - Greek cross
 - Guiltless
 - Bill and —
 - Sly slur
 - Glimpse
 - "— the season ..."
 - Vinegar bottles
 - Coop denizen
 - Off
 - "Life of —"
 - Door-frame piece
 - Hodgepodge
 - Remove, as a cap
 - "Les Miserables" writer
 - Hebrew month
 - Stench
 - Simple card game



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MAGIC MAZE • HERBIVORES

H O L D I F B C Z W T Q N K I
F C Z I E I W E U R P M J H E
C Z X N S U S F Q N L J G C E
C T Z O R G X F V T R P A N L
J H N S O E B A C A Y M W V T
R P N A H R E R R E E D L K I
G E T U H C A I H L A B Z X W
U S S R R P V G I T L P O M L
J I G S H E E P N T A E D B A
Y T I B B A R L O A O P P I H
X W U T S O P O E C K N L K J

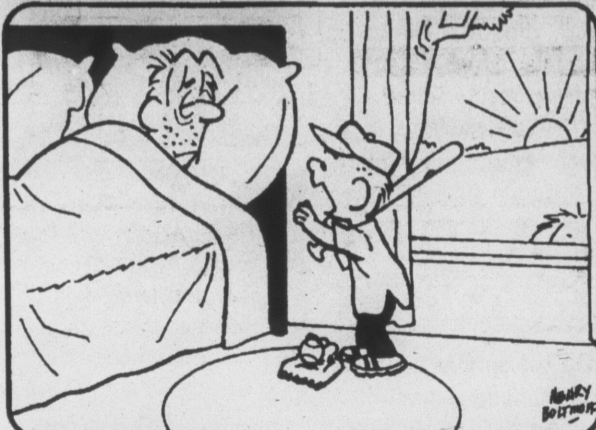
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|--------|----------|----------|--------|
| Beaver | Dinosaur | Hippo | Rabbit |
| Bison | Elephant | Horse | Rhino |
| Cattle | Giraffe | Kangaroo | Sheep |
| Deer | Goats | Koala | |

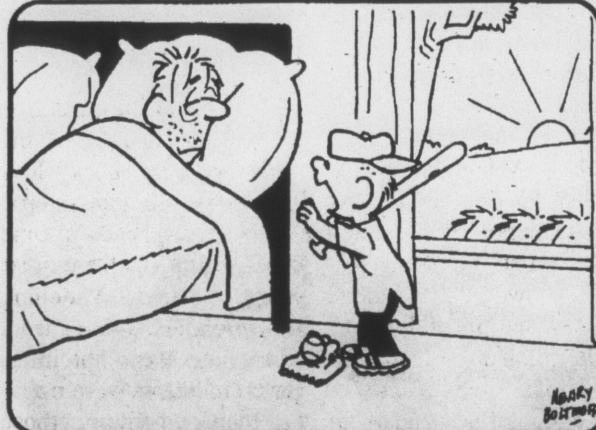
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Rug is missing. 2. Hat is backward. 3. Blanket is shorter. 4. Man's hair is different. 5. Sun has fewer rays. 6. Shrubs have been added.

Trivia test

by Fifi Rodriguez

- GEOGRAPHY:** Which modern city was originally named Byzantium?
- AD SLOGANS:** Which national company's slogan is "We'll leave a light on for you"?
- ANATOMY:** Which bone are babies born without?
- HISTORY:** Which European monarch was known as the "Sun King"?
- GENERAL KNOWLEDGE:** What is Samhain?
- MEDICAL TERMS:** What is the condition formally known as diastema?
- ART:** Which famous painting is also known as "La Gioconda"?
- LITERATURE:** Where does Winnie-the-Pooh live with his friends?

9. **MUSIC:** Which country is the rock group AC/DC from?

10. **FOOD & DRINK:** What is the primary ingredient in traditional hummus?

Answers

- Istanbul, Turkey
- Motel 6
- Kneecaps, which develop after birth
- Louis XIV of France
- A Gaelic festival Oct. 31-Nov. 1 celebrating the end of the harvest and beginning of winter
- A noticeable gap between two teeth
- Mona Lisa
- Hundred Acre Wood
- Australia
- Chickpeas

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Wishing Well®

5 2 6 4 7 8 3 8 2 8 6 3 7
W T G T B T S I A M O M E
2 5 6 5 7 2 7 3 2 3 7 3 2
K I A N E E N O A O E T F
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H R I N E E L H F R O E M
3 4 6 8 6 2 5 6 4 3 5 2 3
R W S R A S I C A G N T O
5 6 5 4 2 7 5 2 8 7 4 3 6
G H C Y A G H N P E I I I
2 4 5 4 7 3 5 4 5 8 3 6 5
D S O C T N I L C L G E E
8 4 6 4 6 5 8 4 6 7 4 7 4
A E V A E S Y R D I E C D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Although practical situations continue to dominate this week, there's time for the Lamb to indulge in the fun things in life -- like maybe taking a special someone out for a great evening.

TAURUS (April 20 to May 20) This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business deal.

GEMINI (May 21 to June 20) You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you'll want to set aside time to deal with them.

CANCER (June 21 to July 22) A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you've learned.

LEO (July 23 to August 22) A disappointing response to a request might dampen the Lion's spirits. But you might want to ask the reasons behind it. What you learn can be of great importance in a future undertaking.

VIRGO (August 23 to September 22) A once-volatile situation should be settled by now, giving you a chance to refocus on a project you've been planning for. Look for an interested party to rally to your support.

LIBRA (September 23 to October 22) A business matter that unexpectedly turns

into a personal situation could create complications. Best to resolve the matter now before too much harm can be done.

SCORPIO (October 23 to November 21) Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.

SAGITTARIUS (November 22 to December 21) A positive response to a workplace request could lead the way to other long-sought changes. Congratulations. A personal situation also takes a welcome turn.

CAPRICORN (December 22 to January 19) Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.

AQUARIUS (January 20 to February 18) It might be a good idea to take more time to reassess your next move in working out a complex situation. You could benefit from a new perspective on the matter.

PISCES (February 19 to March 20) You might want to consider making time to discuss a change of plans with everyone concerned. Be prepared to explain your actions. Also be prepared to listen to alternatives.

BORN THIS WEEK: You have a strong sense of what is right, and you try to work from that foundation. Friends see you as reliable.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: B equals F

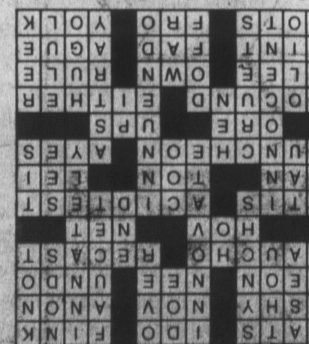
MB HAPCHXMHZ EHCAYMHXP
RCHZS PWBO RCMZSP, OTVK PTWAXR
EWPO XMSVXK YCVBVC IWIH-SWHXH.

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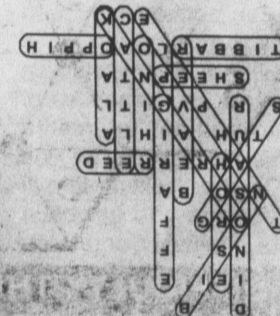
King Crossword

Answers

Solution time: 25 mins.



Magic Maze ANSWERS:



CryptoQuip answer

If Australian marsupials drank soft drinks, they should most likely prefer Coca-Cola.

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Movie theaters are trying to figure out the best way to reopen. Will people still be afraid to go to a theater without knowing if the ventilation will filter out COVID-19? One way, of course, is drive-in movie theaters. However, it appears that moviemakers and studios think the way to get people back into theaters is with superhero films.

Ben Affleck played Batman in "Batman v Superman" (2016), in an unbilled appearance in "Suicide Squad" (2016) and in "Justice League" (2017). Between 2014 and 2015, he was set to direct, co-write and star in "The Batman," but he decided to bow out of the project. This year the reason came to light when Affleck admitted to having a drinking problem. "The Batman" moved on without him, and Batman is now being played by Robert Pattinson. Filming began in January 2020, and they shot one quarter of the film before shooting was suspended March 25 due to COVID-19. Shooting recommenced this month.

But Affleck isn't done playing Batman; he's before the cameras in the new "Flash" film being directed by Matt Reeves. Michael Keaton, Batman in Tim Burton's 1989 and 1992 films, also has been cast in the new "Flash" flick. "The Flash" is Ezra Miller, the 27-year-old co-star of "Perks of a Wallflower" (2012), "Trainwreck" (2015), the two "Fantastic Beasts" films (2016, 2018) and "Justice League" (2017).

The sequel of "Suicide Squad" (which grossed almost \$1 billion), will have Margot Robbie, Viola Davis, Joel Kinnaman and Jai Courtney returning, as well as new additions Idris Elba (originally cast to replace Will Smith as Dead Shot, but now in a new character instead), Alice Braga, Nathan Fillion, Pete Davidson, John Cena and former "Doctor Who" Peter Capaldi.

Another sequel coming is "Shazam! Fury of the Gods" (the 2019 original grossed \$365 million), starring Zachary Levi and comedian Sinbad. And not to be left out, Mr. Top Box Office, Dwayne Johnson, is set for the DC feature film "Black Adam," which also will star Superman himself, Henry Cavill. "The Rock" issued a message for existing DC superheroes Batman, Superman, Wonder Woman, Flash, Aquaman and Cyborg: "Let them know something ... things will never be the same, the hierarchy in the DC Universe ... it's about to change."

Speaking of superheroes, Oprah Winfrey has decided to declare Election Day Nov. 3 a paid holiday for her employees at "OWN." She feels they should have the day off to deal with voting, and she's challenged industry companies to make it a paid holiday, too. You know she won't stop until it's a national holiday. Will that be every four years, like leap year? Stay tuned.

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ***
* Moderate ** Difficult
*** GO FIGURE!

	÷		+		13
×		+		÷	
	×		÷		10
-		×		+	
	×		-		13
13		21		11	

1 3 3 4 5 6 7 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Art Deco Figurine --- There have been many ceramic companies owned by members of the Goldscheider family, which can confuse today's collectors. Friedrich Goldscheider moved from Pilsen, Bohemia, to Vienna in 1885. He started the Goldscheider Porcelain Manufactory and Majolica Factory, a company to make ceramics. He hired famous artists including Michael Powolny, Demetre Chiparus and Josef Lorenzl, and the company soon had an international reputation for excellent figurines and other art deco pieces. Friedrich's sons, Walter and Marcell, joined the company and the business became worldwide in the 1920s and '30s.

But Hitler's rules led to the family fleeing to England in 1938; their company was given to others but was no longer successful. Marcell started a Goldscheider factory in Staffordshire. Walter had a successful company, Goldscheider-U.S.A., in Trenton, New Jersey, after 1940, but he returned to Vienna in 1950 to revive their old company. He closed it after three years and sold worldwide use of the Goldscheider name to Carstens, a German company. They used it until 1963. About 1988, Peter Goldscheider made a small number of pieces in Austria. Recently, a major book about the Goldscheider family and their ceramics was published with more history, details, artists' names, marks and pictures. The added publicity will probably encourage higher auction prices.

Q: I have a chair that looks like it is made of long, curved horns. When and where were these used?
A: You have a very American

chair. Chairs made of buffalo, elk or Texas longhorn steer horns were made from horns left behind at slaughterhouses or discarded by hunters. The horns had a graceful curved shape and, when positioned carefully, they created a chair frame with a curved back, legs and arms. An upholstered seat was added and, in some cases, some trim from other pieces of horn. Matching footstools also were made. The chairs were not made for comfort, but were popular with hunters and those who wanted memories of the old West. There are pictures that show President Teddy Roosevelt and President Abraham Lincoln both had horn chairs that were gifts. Your chair could bring \$1,000 or more at auction.

CURRENT PRICES

Hall tree, Victorian, walnut, shaped back, mirror, metal coat hooks, lower section, open umbrella stand, drip pan, 1800s, 81 x 29 inches, \$190.

Hooked rug, Shaker, squares, blue, red, green, brown and black cloth, layered, mounted for hanging, 1800s, 36 1/2 x 37 inches, \$585.

TIP: To hang an old Coca-Cola tray, use a wire plate holder. The bent parts of the holder that touch the tray should be covered with plastic tubing. This plastic tubing is sold for use in fish aquariums.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

* In early 2016, a 155-year-old mousetrap caught a mouse in a British museum. The trap was part of the exposition and hadn't even been considered operational for a long time.

* Bill Nye the Science Guy holds a patent for ballet pointe shoes.

* Some odd things have been sold online, but an entire country? Yep, a fellow from Brisbane, Australia, tried to sell New Zealand on eBay in 2006! The site closed the auction at a top bid of \$3,000.

* A mental phenomenon called the Troxler effect, discovered in 1804, causes people to see monsters in mirrors -- whether they say "bloody Mary" three times or not.

* In order to prevent Boggle players from using a certain swear word, the letters F and K appear only once on the same cube, making it impossible for them to both be played at the same time.

* In 1987, Steve Rothstein paid \$250,000 for a lifetime unlimited first-class American Airlines ticket, even hopping on planes to get a sandwich or go to a baseball game in other cities. It cost American Airlines around \$21 million, and they unsurprisingly ended his contract in 2008.

* A full 12% of sighted people dream exclusively in black and white.

* Levi's once made an all-denim tuxedo for singer Bing Crosby after he was refused admittance to a hotel simply for wearing jeans.

* Japan has the highest density of vending machines worldwide, with approximately 5 million machines, or one for every 23 people. You can buy everything from live lobsters and bread in a can to underwear and Buddhist amulets from a vending machine.

Thought for the Day: "If you think education is expensive, try ignorance." -- Andy McIntyre

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Now here's a tip!

by Jo Ann Derson

* If you are looking after baby kittens that are bottle feeding, when you handle the kittens, wear pants and long sleeves. Tiny kitten nails are like razor blades they are so sharp! And of course, they love to climb up on you to get your attention.

* "While my family is still participating in virtual learning, it's important that we recognize some structure. This means preparing -- or at least planning -- lunch meals ahead of time. Our house is small, and one of us is near the kitchen. This saves us two to three periods of someone banging around in the kitchen being disruptive." -- E. in Florida

* "Want to be more organized in your home cleaning? It seems many people want to have a cleaner, more organized home but get overwhelmed when putting it into practice. Start by creating a cleaning schedule that breaks down jobs into a list incorporat-

ing tasks to be done daily, weekly and even monthly or quarterly. It takes the 'if I can't do everything I'll just do nothing' factor out of play." -- J.M. in Pennsylvania

* If you haven't worn an item in six months (of its seasonality), it's time to let it go. That's been the Golden Rule for as long as I can remember. I was asked recently, Does it apply this year? I think now, like always, is a good time to look critically at your overall summer wardrobe, but I would add "opportunity" to the caveats. Meaning, if you haven't worn it because you have not had an opportunity you otherwise would have had, save it. Those work clothes will be important again! -- JoAnn

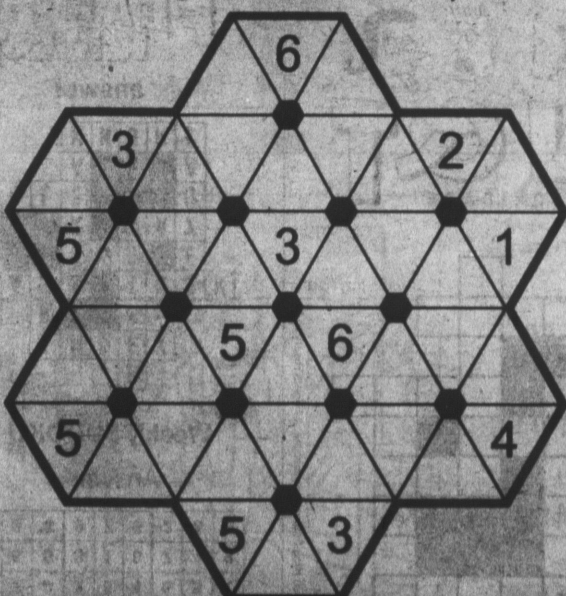
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

Here's a "trickledown" puzzle. The rules are simple; you merely change one letter on each line to make a new word and continue until you reach the final word.

CRUSH

SLAPS

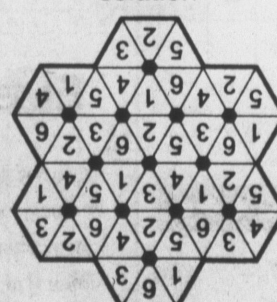
EXAMPLE: COAT

VASE

ANS: COAT
COST
CAST
CASE
VASE

SNOWFLAKES

solution



Go Figure!

answers

	11		21		13
13	8	-	3	×	7
	+		×		-
10	3	÷	9	×	5
	÷		+		×
13	9	+	1	÷	4

Sticklers Answer

SLAPS
CLAPS
CLASS
CLASH
CRASH
CRUSH

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Super Crossword

LIVING A LIFE OF E'S

ACROSS

- 1 Renounces the throne
- 10 Hexa-plus two
- 14 Best results possible
- 20 Right Guard, e.g.
- 21 Oom— (polka sounds)
- 22 Drink of beer after a shot
- 23 2014 Oscar show host
- 25 In a position facing
- 26 Standing in good—
- 27 "Put it— tab"
- 28 Tiny charge carrier
- 29 In times past
- 30 Grazing site
- 32 Sociologist who coined "survival of the fittest"
- 36 La-la lead-in
- 39 Mushroom variety
- 41 Tavern
- 42 Author and activist on Alabama's state quarter
- 45 Little— (tots)
- 46 Appends

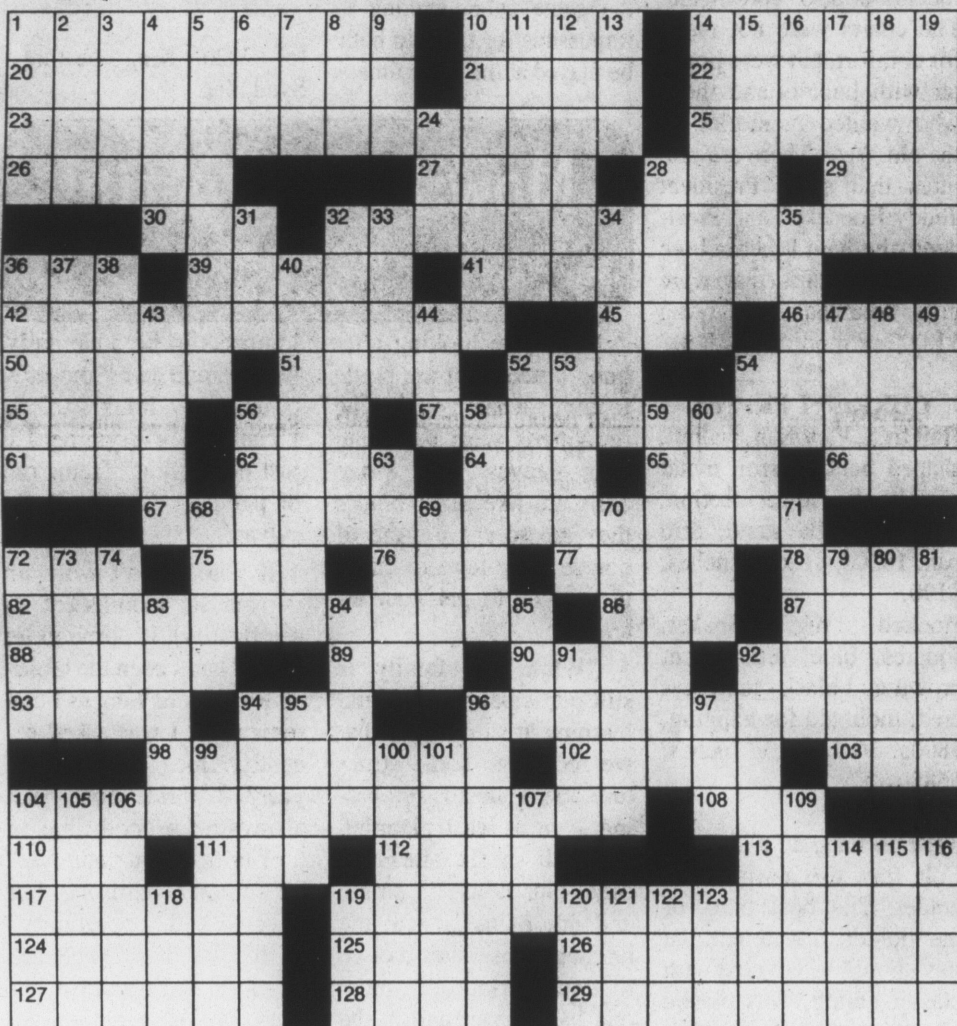
- 50 Egg shapes
- 51 Get defeated
- 52 "Kapow!"
- 54 Bar garnish
- 55 Kosovo citizen
- 56 LXX / X
- 57 He wrote "He's Just Not That Into You" with Liz Tuccillo
- 61 Ticklish red Muppet
- 62 Dawn direction
- 64 A, in Argentina
- 65 Part of many German names
- 66 Suffix with lion or seer
- 67 Player of Colonel Klink on "Hogan's Heroes"
- 72 —pitch
- 75 "The Catch" network
- 76 Wedded
- 77 Verve
- 78 Verge
- 82 "The Pink Panther" co-star
- 86 "— you with me?"
- 87 End a flight
- 88 Bird-related
- 89 Tahiti, par exemple

- 90 Posterior peninsula
- 92 Egyptian
- 93 Vapor
- 94 Guitar's kin, for short
- 96 Longtime
- 97 "What's My Line?" panelist
- 98 Amer. body with 100 members
- 102 "Aladdin" figure
- 103 Cagey
- 104 1965-66 poet laureate
- 108 Chichi retreat
- 110 Coop cackler
- 111 PC key
- 112 Mani—
- 113 "There Is Nothin' Like —"
- 117 Not tardy
- 119 "Nurse Betty" star
- 124 Vexes
- 125 A hat hides it
- 126 Deviations
- 127 Drive home
- 128 Finds to be refined
- 129 Small-stakes poker

- 4 Utopian
- 5 Denounces
- 6 Ending for dull or drunk
- 7 — kwon do
- 8 Mem. of the U.K.
- 9 Canonized Fr. woman
- 10 Where drinks are on the host
- 11 Monterey County city
- 12 — playing our song
- 13 Balking beast
- 14 Ink-squirting sea creature
- 15 Gives a ring
- 16 "I taut I — a pudgy tat!"
- 17 Newton who was knighted
- 18 Come together
- 19 Enthusiasm
- 24 —easter (storm type)
- 28 Currently has the stage
- 31 Just fine
- 32 Hint-offering columnist
- 33 Architectural add-ons
- 34 Twiddled digit
- 35 Zora — Hurston

- 36 The ones there
- 37 Make merry
- 38 Make fearful
- 40 Trust
- 43 Bodily joint
- 44 Brain wave
- 47 Sup stylishly
- 48 Blockbuster rented them
- 49 Places
- 52 Nota —
- 53 Top competitive effort, informally
- 54 Novelist Sarah — Jewett
- 56 "Live" and "learn," e.g.
- 58 Shah or czar
- 59 She played Miss Brooks
- 60 Lena of song
- 63 Gremlin's kin
- 68 Be worthy of
- 69 Bodily joint
- 70 Appointment calendar
- 71 Vestige
- 72 Inbox junk
- 73 Jeans-maker Strauss
- 74 Big elevator name
- 79 Copenhagen citizens
- 80 Make twisty
- 81 Uplift morally

- 83 Devour
- 84 Claims on property
- 85 That miss
- 91 "Bus Stop" playwright William
- 92 Move aside
- 94 Of no help
- 95 Smallville's Clark
- 96 Drinking spree
- 97 — the season to be jolly
- 99 Dishonors
- 100 Emerge
- 101 — weenie
- 104 Bazaar units
- 105 Creed part
- 106 PC key
- 107 Fritz out
- 109 Writer — Rogers St. Johns
- 114 Not "fer"
- 115 Come together
- 116 Irish Gaelic tongue
- 118 — done it!
- 119 Frat letter
- 120 Electric jolt
- 121 Ending for ethyl
- 122 Chaney of old chillers
- 123 Run after K



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celebrity extra

by Dana Jackson

Q: We have watched all 11 seasons of the series "Heartland" on Netflix (twice) and hear they have produced seasons 12 and 13. Do you know when these will be available on Netflix? -- E.S.

A: "Heartland" tells the story of two sisters and their grandfather looking after their ranch. It's a Canadian series, but was introduced to American viewers through Netflix, with the first 11 seasons available for streaming. As you wrote, there are two additional seasons that aired through the CBC in Canada. From what I could find out, the 12th installment should be available on Netflix this fall. In fact, the website "What's On Netflix" reported in June that it was expected by August. However, like most things in 2020, it's been delayed. For updates, check out Whats-on-Netflix.com.

Q: We rented the excellent World War II movie "Dunkirk" this past weekend. I don't remember it in theaters. Did it win any Academy Awards? It should have. -- T.R.

A: "Dunkirk," directed by Christopher Nolan ("Incep-

tion," "The Dark Knight"), was released in 2017 and was awarded Oscars for Best Achievement in Sound Mixing, Sound Editing and Film Editing, but the Best Picture Oscar was elusive. Although "Dunkirk" lost to Guillermo del Toro's "The Shape of Water," it was still a fantastic movie about the rescue of trapped Allied soldiers from a beach in France. The biggest names in the film are Tom Hardy and Kenneth Branagh, but actor Fionn Whitehead, who played the lead young British soldier, gave a heart-wrenching performance.

Q: I know David Foster married the much younger Katharine McPhee, but has his ex, Yolanda from "The Real Housewives of Beverly Hills," found love again? I never hear about her anymore. -- M.S.

A: I agree that we don't hear much about Yolanda Hadid since her battle with Lyme disease and exit from the "Real Housewives" franchise, but it looks like she's much happier nowadays. The 56-year-old ex-model has three beautiful children who have all followed in her footsteps on the runway, and it appears that her ex-husband David Foster is but a memory.

Hadid recently wished her boyfriend Joseph Jingoli, a construction CEO, a happy birthday, calling him "her



Amber Marshall in "Heartland"

Photo credit: CBC

"true love." She has said that "farm life has connected us," which is in her roots. Hadid grew up in the Netherlands and was hand-picked by Eileen Ford to sign with the Ford Modeling Agency as a teen. Now she lives on a farm 10 miles from her beau, initially spending time by herself after her divorce "for the first time in, you know, 53 years" before dating him.

She recently told "People" magazine that she made "a love spiral and wrote down exactly everything that was important to me in a man, and he magically just rang the doorbell at the farm." It sounds like post-reality-TV has been good to Hadid.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

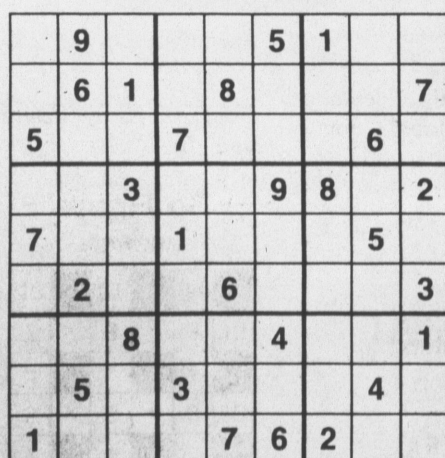
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------|-------------|-------------------|-------------|
| 1. Armistice | — E — — — | Come in second | — L — — — |
| 2. Stressed | — N — — — | Concise | — R — — — |
| 3. Add to an email | — — — — H — | Surprise raid | — — — — K — |
| 4. Granny's wrap | — — — W — | "This too — pass" | — — — L — |
| 5. Spaghetti pasta | N — — — — | Fifi's breed | P — — — — |
| 6. Roman river | — — — B — | Striped feline | — — — G — |
| 7. Pantry | — — — D — | Bigger | — — — G — |
| 8. Light socket | — — — L — | Beginning | — — — S — |
| 9. Proportion | — — — T — | TV's predecessor | — — — D — |
| 10. Switch gears | — H — — — | Very fast | — W — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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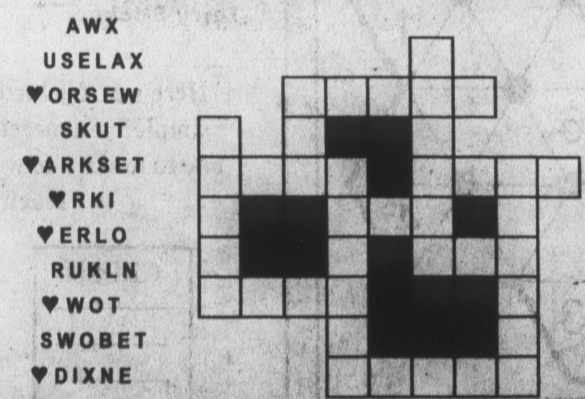
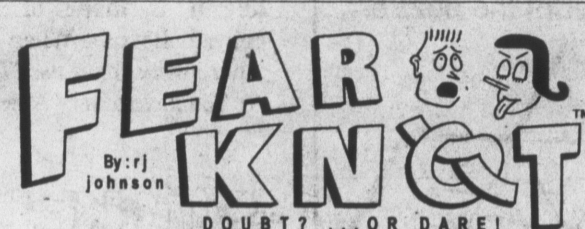
Super Crossword

Answers

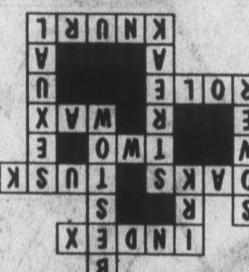
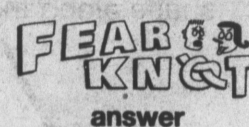


Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Peace, Place | 6. Tiber, Tiger |
| 2. Tense, Tense | 7. Larder, Larder |
| 3. Attach, Attack | 8. Outlet, Outlet |
| 4. Shawl, Shall | 9. Ratio, Ratio |
| 5. Noodle, Poodle | 10. Shift, Swift |



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU Answer



S
E
P

2
4

2
0
2
0

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Glide
 Aloft
 Stock
 PUPYLS
 Edge
 Arming
 Eat
 SETING

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

3	2	5	4	2	6
3	4	6	6	2	1
1	4	6	3	5	4
6	5	4	2	6	3
6	3	4	5	1	5
2	6	4	1	3	3

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Badly Behaved Dogs Need Basic Commands

DEAR PAW'S CORNER: Every time I read an article about a badly behaved dog, the trainer says that the dog needs to relearn basic commands like sit, stay and lie down. Why would unrelated commands solve a behavior problem? -- Edward in Albany, New York

DEAR EDWARD: Every dog should be trained to respond to five basic commands: come, heel, sit, stay and lie down. Dogs need to obey their owner the first time and every time a command is issued. That may sound a little harsh, but a dog that can't be controlled is a dog in danger. Owners need to be able to recall a dog that has slipped its leash before it runs into traffic. They need to make sure their dog will walk beside them and will sit calmly on command, especially when another dog approaches. Their dog needs to stay in

position when told to do so -- whether sitting or lying down. Dogs aren't robots, though. Like us, their discipline and training will slip if not regularly reinforced. Think about how often you and I give in to temptation and take that second cookie (or third or fourth or fifth). Just as we humans sometimes need reinforcement of good habits, our dogs need regular reinforcement of basic commands. When owners spend more time working one-on-one with their dogs, they frequently report that undesirable behaviors happen less often. The time and attention that owners give can quickly blunt attention-seeking behaviors. The AKC has a good breakdown of the basic dog commands here: www.akc.org/expert-advice/training/ and search for "5 basic commands." Energetic young dogs can be a handful sometimes. If you are having trouble getting your dog to respond to basic commands, enlist the help of a professional trainer.

Send your tips, questions or comments to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of Sept. 21, 2020

- Top 10 Video Rentals**
1. The King of Staten Island (R) Pete Davidson
 2. Irresistible (R) Steve Carell
 3. Robin's Wish (NR) documentary
 4. The 2nd (NR) Ryan Phillippe
 5. Rogue (R) Megan Fox
 6. Hard Kill (R) Jesse Metcalfe
 7. The Silencing (R) Nikolaj Coster-Waldau
 8. 42 (PG-13) Chadwick Boseman
 9. Black Panther (PG-13) Chadwick Boseman
 10. The Vanished (R) Anne Heche

Top 10 DVD, Blu-ray Sales

1. Beetlejuice (PG) Warner Bros.
2. Trolls World Tour (PG) Universal/DreamWorks
3. Black Panther (PG-13) Disney/Marvel
4. Rogue (R) Lionsgate
5. Scoob! (PG) Warner Bros.
6. The Goonies (PG) Warner Bros.
7. 21 Bridges (R) Universal
8. Despicable Me 3 (PG) Universal
9. Rampage (PG-13) Warner Bros.
10. The Mule (R) Warner Bros.

Source: Media Play News

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Hitori answer

3	3	4	1	9	2
5	6	4	5	1	6
3	5	4	2	6	9
4	1	4	6	3	5
4	6	6	2	1	3
6	3	2	5	4	2

SCRAMBLERS
Today's Word
1. Float 2. Supply
3. Margin 4. Ingest
solution

MORE SUN FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

It's been estimated by me — in a very unscientific manner and not in any way related to real mathematics — that video-game use is up 7,000% during the pandemic. At least, that's the way it feels when I find my child huddled in a corner talking to her iPad or when the explanation that the young person making a ruckus in the background of a Zoom call is that said young person is "in the middle of a battle."

I remember when playing video games involved a trip to the mall, a token machine and a certain centipede coming at me through a field of mushrooms. There are some quite nifty games out there since those days, and since there's nothing Hollywood won't appropriate, there's some nifty movies based on those games. Here are a few:

Lara Croft: Tomb Raider — Adventurer-hottie Lara Croft (Angelina Jolie) faces down the Illuminati in an effort to retrieve a powerful artifact that will come alive upon a particular celestial alignment.

Pokemon Detective Pikachu — An officer goes missing and his adult son Tim (Justice Smith) goes on the case, aided by his dad's former partner, a funny, brilliant Pokemon (voiced by Ryan Reynolds).

Resident Evil — This game spawned NINE versions, six of which feature Milla Jovovich in the role of Alice, our girl hero. In the classic, she's set off in the Hive — under bombardment from a biological weapon that turns workers into zombies.

Assassin's Creed — Michael Fassbender leads as Callum Lynch, who is pulled back to live the experiences of his ancestors and indoctrinated into a secret society, the Assassins, who battle the Knights Templar.

Angry Birds — On an island full of sublimely happy birds, the anger management crowd turn out to be unlikely heroes when faced with a menacing threat. This is especially true when the voice cast is chock full of "SNL" alum.

Sonic the Hedgehog — The bright-blue phenom crashes on Earth, teams up with a human (James Marsden) and the pair go up against a proper villain: Dr. Robotnik, who wants to capture Sonic's speed and powers for evil doings.



Angelina Jolie in "Lara Croft: Tomb Raider"

Mortal Kombat — Another film franchise with multiple installments, the premise is an alien overlord who forces three earthlings to battle, martial-arts style, against improbable foes in a tournament to decide the fate of the planet.

Need for Speed — A mechanic races for his life perilously across country against a former race car driver in a showcase built around a video game about driving cars really fast.

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Comfort foods

Made fast and healthy

by Healthy Exchanges

Peanut Butter Apple Crumb Pie

When you add peanut butter and apples, you're doing Magical Meal Math! Don't be tardy — stir this up today, and you'll be sure to go to the head of the class for desserts.

- 3 cups (6 small) cored, peeled and sliced cooking apples
- 1 (6-ounce) purchased graham-cracker pie crust
- 1 (4-serving) package sugar-free vanilla cook-and-serve-pudding mix
- 1½ cups water
- 6 tablespoons reduced-fat peanut butter
- 6 tablespoons purchased graham cracker crumbs or 6 (2 1/2-inch) graham crackers, made into fine crumbs

1. Heat oven to 350° F. Evenly arrange apple slices in pie crust.
 2. In a medium saucepan, combine dry pudding mix and water. Add 1/4 cup peanut butter. Mix well to combine. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Evenly spoon hot pudding mixture over apples.
 3. In a medium bowl, combine graham-cracker crumbs and remaining 2 tablespoons peanut butter until mixture is crumbly. Evenly sprinkle crumb mixture over top of pie. Bake for 40 to 45 minutes. Place pie plate on a wire rack and let set for at least 30 minutes. Makes 8 servings.
- Each serving equals: 234 calories, 10g fat, 4g protein, 32g carb., 282mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1 Fruit.

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1. Who originally released "Show and Tell"?
2. Two different songs titled "One Man Band" were released, in 1970 and 1973. Name the two groups.
3. Which group had an international hit with "The Boys Are Back in Town"?
4. What was Babble's original name?
5. Name the song that contains this lyric: "Other arms reach out to me, Other eyes smile tenderly, Still in peaceful dreams I see, The road leads back to you."

Answers

1. Johnny Mathis in 1972. He was followed by Al Wilson in 1973. It was Wilson's version that reached No. 1 and was a Cash Box Number One Single of the Year.
2. Three Dog Night, in 1970, on their "Naturally" album, and Roger Daltrey in 1973 on his debut "Daltrey" album.
3. Thin Lizzy, in 1976. The song got no attention until two Kentucky DJs started playing it all the time, and other stations noticed.
4. The Thompson Twins, formed in 1977.
5. "Georgia On My Mind," first released by Hoagy Carmichael in 1930. Ray Charles brought attention to the song in 1960, and Willie Nelson followed in 1978. The state of Georgia made it the official state song in 1979.

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Puzzles4Kids

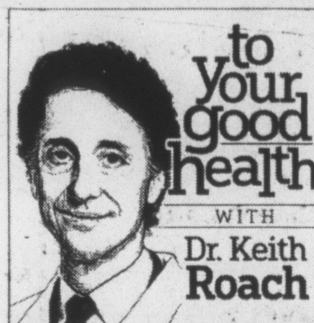
by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHICH BANDS DO NOT PLAY MUSIC?

RATHER	—	EARTH	BEARDS	—	DARES
BLUEST	—	BELTS	ALISON	—	LIONS
FIBERS	—	FRIES	CANTER	—	CARET
WOBBLE	—	ELBOW	PADDLE	—	PLEAD
BIKERS	—	BRISK	STEVEN	—	EVENT
REPELS	—	PEELS			



Cologuard Test Worth Risk Of False Positive

DEAR DR. ROACH: I am a 77-year-old man in good health. At my recent annual physical exam, my physician ordered a Cologuard kit to be sent to me to screen for colorectal disease. I have never had symptoms of disease or problems with any part of my gastrointestinal tract. I had two colonoscopies at different times several years ago, the results of which were negative. When I got the kit, I read the patient guidelines and learned that the Cologuard test could result in false positives and that there is an unspecified increase in the risk of false positives for persons over the age of 75.

A positive result from the test requires a follow-up colonoscopy, which is also riskier for elderly patients. Since I am in good health with no symptoms of any disease, I decided I did not want to risk a false positive result from the test, which would require a follow-up colonoscopy. Did I make the right decision? — E.G.

ANSWER: Cologuard is a brand of test that looks at DNA in stool for evidence of cancer. Certain DNA mutations are highly suggestive of cancer. In addition, Cologuard does an immunochemical test looking for blood. Because it combines these two techniques, Cologuard is more sensitive than only a test looking for blood. Compared with colonoscopy, Cologuard is about 92% sensitive in finding cancers, meaning it will miss about 8%.

With improved sensitivity comes a lack of specificity, which means you could have a false positive result. The Cologuard can say that you have an abnormality when a colonoscopy would indicate normal. For 45% of people with a positive Cologuard test, no abnormalities will be found upon colonoscopy. You

are right that false positives are more prevalent in older individuals.

There are two reasons that I think the Cologuard is still a reasonable choice, despite the fact that it isn't as good as colonoscopy. The first is that I continue to recommend a screening test for healthy 77-year-old men, and although colonoscopy is my first choice, a normal Cologuard test prevents a need for colonoscopy, and a false positive would lead to the same colonoscopy you would have gotten anyway (although there probably is more anxiety after a false positive test).

The second is that a person with an abnormal Cologuard and a normal colonoscopy may be at risk for an abnormality that wasn't found on colonoscopy. A study looking at people in this category found a 25% risk of abnormality on follow-up colonoscopy, if the Cologuard was abnormal again one to two years later.

DEAR DR. ROACH: I had lung surgery in 2014. The scar is still red and sore. I got no instructions on how to deal with it. Do you have any suggestions? — J.S.B.

ANSWER: That's a very long time for the scar to still be red and sore, and I would encourage you to have the surgeon or your regular doctor take a look. For people with redness and soreness in a scar shortly after surgery, I recommend silicone gel (there are many available), as it has been shown to be effective. Many people recommend vitamin E oil, but well-done studies have shown this does not help and may harm the cosmetic appearance.

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Puzzles4Kids

Answer

EVENT	S	STEVEN
PLEAD	D	PADDLE
CARET	N	CANTER
LIONS	A	ALISON
DARES	B	BEARDS
PEELS	R	REPELS
BRISK	E	BIKERS
ELBOW	B	WOBBLE
FRIES	B	FIBERS
BELTS	U	BLUEST
EARTH	R	RATHER

Contract Bridge

HEADS I WIN, TAILS YOU LOSE

South dealer.

Both sides vulnerable.

NORTH
♦ K J 7 6 3
♥ 6
♣ 7 5 3
♦ A K J 2

WEST
♦ —
♥ Q 8 7 5 4 2
♦ K Q J 6
♣ 8 5 4

EAST
♦ Q 10 4
♥ K J 9 3
♦ 10 8 2
♣ Q 10 9

SOUTH
♦ A 9 8 5 2
♥ A 10
♦ A 9 4
♣ 7 6 3

The bidding:

South	West	North	East
1 ♠	Pass	3 ♠	Pass
4 ♠			

Opening lead — king of diamonds.

The ideal goal in bridge is to establish a "heads I win, tails you lose" position. Consider this deal played by Bruce Bell, New Zealand star. He got to four spades and ordinarily would have made the contract easily. However, since East happened to have all three missing spades and the guarded queen of clubs as well, it might seem that the contract was doomed. But Bell made

his game anyway, and, what's more, there was nothing the defenders could do to stop him.

West led the king of diamonds, which Bell allowed to hold. If West had now shifted to a club, declarer, after discovering the 3-0 trump division, could have avoided a second diamond loser by establishing dummy's fourth club.

But West led another diamond at trick two, taken by the ace, and when Bell next cashed the ace of trump, he learned that East had a trump trick coming. It looked as though the contract would now depend on winning a club finesse, but Bell found a way to make 10 tricks without the finesse.

He began by playing the ace of hearts and ruffing a heart in dummy. He then exited with a diamond, won by West with the jack.

West could do no better than return a club, taken with the ace. Bell then played the king and another trump, saddling East with the lead and rendering him helpless. East had no choice but to return a club or yield a ruff-and-discard, either of which gave South the contract.

The endplay developed by Bell was a typical "heads I win, tails you lose" position. No matter how East-West defended, Bell had a countermeasure available that would get him home safely.

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by Steve Becker

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 ST. THERESA
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THANK YOU
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 Special sister, Joanne
 Love and miss you
 - Marianne

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Want to pick up a copy of The Quincy Sun?
 Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	ARTERY GROCERY 1000 Southern Artery	7-11 721 Hancock St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	7-11 495 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 5 Cottage Ave.	DAIRY FARM 330 Washington St.	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	7-11 230 Washington St.	COFFEE BREAK CAFE 12 Old Colony Ave.
STAR MARKET 130 Granite St.	STOP & SHOP Southern Artery	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	CVS Southern Artery	MULLANEY'S VARIETY 205 W. Squantum St.
HANCOCK PARK LOBBY SHOP 164 Parkway	7-11 650 Adams St.	STOP & SHOP 65 Newport Ave.
FRANKLIN ST. BP 60 Franklin St.	VILLAGE COMM. MARKET 100 Willard St.	7-11 363 Hancock St.
7-11 78 Franklin St.	COPELAND LIQUORS 273 Copeland St.	WALGREENS 324 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	GRANITE MART 308 Willard St.	SAM'S VARIETY 125 Billings Rd.
DONUT + DONUTS + MUFFINS 33 Scammell St.	7-11 Copeland St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
PRESIDENTIAL LIQUORS 25 Scammell St.	JOE'S PLACE 260 Centre St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
ADAMS VARIETY 22 Independence Ave.	CORNER FOOD MARKET 1060 Hancock St.	CARMINE'S CAFE 69 Huckins Ave.
DAILY MART 291 Quincy Ave.	200 FOOD MART 200 Sea St.	7-11 751 E. Squantum St.
ROCHE BROTHERS The Falls	ADAMS SHORE SUPERMARKET 494 Sea St.	LUCKY SHAMROCK 265 Beale St.
WALGREENS 418 Quincy Ave.	PALMER STREET MARKET 231 Palmer St.	ANDRE'S STORE 20 Brook St.
WALGREENS 550 Adams St.	BERNIE'S GENERAL STORE 1147 Sea St.	EVEREST MARKET 121 Standish Ave.
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<input type="checkbox"/> Autos	5-10 WEEKS	<input type="checkbox"/> \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.
<input type="checkbox"/> Boats	11 WEEKS OR MORE	<input type="checkbox"/> \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.
<input type="checkbox"/> For Rent		<input type="checkbox"/> Enclosed is \$ _____ for the following ad to run _____ weeks in
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<input type="checkbox"/> Antiques		_____
<input type="checkbox"/> Flea Markets		_____
<input type="checkbox"/> Yard Sales		_____
<input type="checkbox"/> Instruction		_____
<input type="checkbox"/> Day Care		_____
<input type="checkbox"/> Personal		_____
<input type="checkbox"/> Miscellaneous		_____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

Keohane's Plant.Grow.Share. - Still Time To Donate

The Plant.Grow.Share. initiative is a collaborative effort between Keohane Funeral Home, Interfaith Social Services, the Weymouth Food Pantry and the Milton Community Food Pantry to encourage backyard growers to donate produce to local food pantry clients. This year, the Plant.Grow.Share. program boasts educational video series, a free tomato plant giveaway, and many opportunities for the community to come together to help our neighbors.

John Keohane, co-president of Keohane Funeral Home, said: "Even with the changes made to this year's

program due to COVID-19, it was inspiring to see so many people get involved with Plant.Grow.Share. and help our local food pantries. It's been wonderful to see the many gardens being grown and tended to, from the Girl Scouts taking great care of the garden at Interfaith Social Services in Quincy to the amazing volunteers at the Old South Union Church in support of the Weymouth Food Pantry. We also want to thank the grocery store shoppers willing to share their produce purchases."

"We've seen a great deal of produce donated from

home gardeners this summer and we're so appreciative for that," said Jennifer Sammons, Interfaith Social Services communications manager. "With the ongoing pandemic, the number of people in need in the community continues to rise and rise. We want to be able to give them fresh, healthy foods and our home gardeners really help meet that need."

There's Still Time to Join the Plant.Grow.Share. Movement

Produce donations are very important to local food pantries. The Plant.Grow.Share. program encourages

people to develop their gardening skills but for those looking to get involved without all the dirt, there are options: store-bought produce donations, volunteering at your local food pantry, or monetary donations, go a long way to helping those who need it.

Donations of fresh produce from your garden or supermarket for Interfaith Social Services can be dropped off at 105 Adams St. in Quincy from 9 a.m. 3:30 p.m., Monday to Friday, and until 7 p.m. on Tuesdays and Wednesdays.

Donations of fresh produce for the Weymouth

Food Pantry are accepted at all three Pop Up Pantry locations or at their warehouse:

- Tuesdays, 10 to 11 a.m. at The First Church at 17 Church St., Weymouth.

- Thursdays, 10 to 11 a.m. at Crossroads Worship Center at 241 Broad St., Weymouth.

- Saturdays, 10 to 11 a.m. at Old South Union Church at 25 Columbian St., South Weymouth.

- Tuesday to Friday, 10 a.m. to 1 p.m. at 40B Reservoir Park Dr., Rockland.

Monetary donations can be made by visiting the following websites:

Interfaith Social Services www.interfaithsocialservices.org/donate

Weymouth Food Pantry www.weymouthfoodpantry.org/donation-page

Milton Community Food Pantry www.miltonfoodpantryma.org/donate

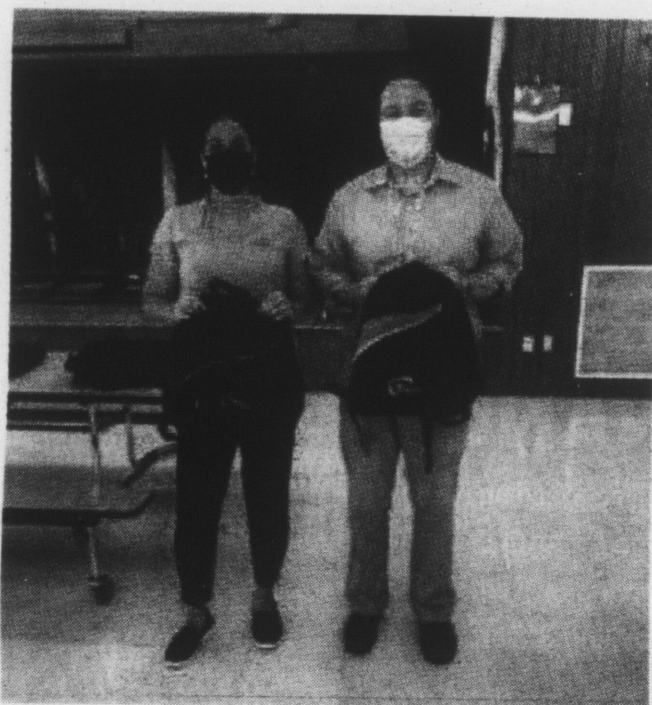
For questions or to volunteer for the Plant.Grow.Share. program, contact:

Joe Reardon, vice president for Community Development and Advance Planning at Keohane Funeral Homes, (617) 773-3551

Rick Doane, executive director of Interfaith Social Services, (617) 773-6203

Pam Denholm, executive director of the Weymouth Food Pantry, (781) 331-7682

Pat Brawley-Morise, director of the Milton Community Food Pantry, (617) 696-0221.



AMY KELLY, Public Relations coordinator, Quincy Credit Union and Nicholas Ahearn, principal, Clifford Marshall Elementary School. Photos Courtesy QSCP



JANICE ERLER, coordinator, Quincy School ~ Community Partnership and Marcus Kelleher, Business Development specialist, Mass Bay Credit Union.

3,500 Backpacks, Supplies Donated To QPS Students

The Quincy School - Community Partnership has been working closely with community partners, since the spring, to provide backpacks and school supplies for Quincy Public Schools students.

Unsure of what might take place because of CO-

VID-19, but determined to support Quincy Public Schools students, Quincy School Community partners have generously donated approximately 3,500 backpacks and school supplies to our schools.

"We are sure that this year, more than ever, par-

ents and students will appreciate this support," said Janice Erler, coordinator, Quincy School - Community Partnership. "Special thanks to Blue Cross Blue Shield of Massachusetts, Cradles to Crayons, Granite Telecommunications, Mass Bay Credit Union, NAGE

(National Association of Government Employees) and Quincy Credit Union for their continued support of our annual backpack initiative."

Backpacks and supplies were delivered to schools the week of Aug. 17.



"FLORAL ARRANGEMENTS," a new work by Milton painter David Dauver, will be featured in a virtual exhibit on the Milton Public Library website during October.

MPL Online Art Exhibit

Milton Painter David Dauver will show a virtual exhibit of his work on the Milton Public Library website during October.

"Floral Arrangements," a new work by Dauver, represents a transition over the past two years from his surrealistic stories to a new world of nature and life, using flowers as the vehicle to tell his stories. In his new work, he develops abstract structures with rich textures to create a vibrant underpainting. With that done, he draws his imagery and then paints using color washes and thick paint to create color.

"Flowers, and in some cases landscapes, are the vehicle to convey my visual conversations," Dauver says. "Flowers represent more than what we see in the natural world. They represent all life and the interactions we experience around us."

Born in Brooklyn, NY, Dauver grew up in Framingham. For 35 years he lived in Milton, until recently settling in Canton with his wife Debbie. You can see the exhibit starting Oct. 1 at: <https://miltonlibrary.libguides.com/art>

David's website is: <http://dbauerstudiostore.com>

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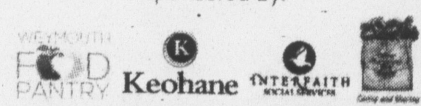
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DONATE YOUR EXTRA GARDEN FRUITS & VEGETABLES

ALL DONATIONS ARE WELCOME AT THE FOLLOWING LOCATIONS:

Weymouth Food Pantry at Weymouth Food Pantry Warehouse at 40B Reservoir Park Drive, Rockland, MA - 10:00 am - 1:00 pm, Tuesday - Friday

Old South Union Church at 25 Columbian Street, South Weymouth, MA 10:00 am - 11:00 am, Saturdays

Crossroads Worship Center at 241 Broad Street, Weymouth, MA 10:00 am - 11:00 am, Thursdays

The First Church in Weymouth at 17 Church Street, Weymouth, MA 10:00 am - 11:00 am, Tuesdays (781) 331-7682 - www.weymouthfoodpantry.org

Interfaith Social Services at 105 Adams Street, Quincy, MA 9:00 am - 3:30 pm, Monday - Friday and until 7:00 pm on Tuesdays & Wednesdays (617) 773-6203 - www.interfaithsocialservices.org

Monetary donations help food pantries purchase the items most needed in their community.

Interfaith Social Services www.interfaithsocialservices.org/donate

Weymouth Food Pantry www.weymouthfoodpantry.org/donation-page

Milton Community Food Pantry www.miltonfoodpantryma.org/donate

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